

HALIFAX

metro®



Stereotype?

Some (or many) in Canada peg East Coasters as fisherfolk, welfare bums and friendly drunks.

But is this fair? Metro Halifax explores. **STORY, PAGES 6 & 7**

Mark Critch of CBC's This Hour Has 22 Minutes poses with a sou'wester, an iconic item that has symbolized those living on the East Coast for years.

JEFF HARPER/METRO

Explore
new music
first



Man's death ruled a homicide

Body of 65-year-old south-end resident was found by another person who lives in same home **PAGE 3**

Hey driver, we want to 'stumble upon history'

Local man looking to get water taxi for McNabs Island **PAGE 5**

Risky move pays (gold) dividends

Brian McKeever wins Canada's first gold at Sochi Paralympics **PAGE 30**

Sad trombone for Strombo show; happy tunes for puckheads

George Stroumboulopoulos will be hosting HNHC next season **PAGE 29**



Trucks on the golf course are a welcome sign of spring.

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Weather advisory

Rain or snow, a storm is coming

Nasty weather is on its way to Nova Scotia later this week, but don't gas up the snowblower just yet.

Depending on what part of the province you're in, you may see more rain than snow.

Environment Canada issued a special weather statement Monday warning of an intense low-pressure system approaching from south of the Gulf Coast that is expected to bring significant precipitation to the province late Wednesday into Thursday.

Environment Canada meteorologist Tracey Talbot says it's uncertain how much precipitation the storm will bring but says the public should expect heavy rain and freezing rain in central areas and significant snowfall in the province's north end.

"We can expect rain late Wednesday night, switching to freezing rain or ice pellets overnight before tapering off to flurries Thursday morning," she said.

Talbot added that this latest storm may not be the last.

"Winter's not over yet. There's still lots of time left for storms. Looking at trends from past months, we could see some more unsettled weather in the next few weeks."

Motorists are advised to be cautious when travelling early Thursday as road conditions may be icy.

"Temperatures for Thursday are expected to hover above and below freezing. Anytime you see that, you have the chance for icy road conditions," she said.

KAYLYNN PAYNTER/FOR METRO



Police tape on Monday evening surrounds the home where a man was found dead on Sunday night. Authorities have ruled the case a homicide. JEFF HARPER/METRO

South-end death ruled a homicide

No arrests. Police withhold victim's name and cause of death



HALEY RYAN
haley.ryan@metronews.ca

Police are releasing few details about a death that has been ruled a homicide in south-end Halifax.

Halifax Regional Police say officers were called to a South Street residence shortly before 11 p.m. on Sunday.

The body of the 65-year-old man was found inside the residence by another person who lives in the home, said Halifax Regional Police Const. Pierre Bourdages.

"It's kind of nerve-wracking, based on the statistics in Halifax of the crime rate," said South Street resident Jonathan Beaton as he walked by the police tape Monday morning.

The death was originally reported as suspicious, but an autopsy was conducted Monday and at 5:30 p.m. police announced the case was a homicide.

See anything?

Anyone with information on the homicide is asked to call police at 490-5020 or Crime Stoppers.

Staff Sgt. Bill Morris could not say how the man died.

"(We're) not releasing it," Morris said, but added police were on-scene gathering evidence Monday evening.

The victim's name is being withheld until his family can be notified.

Morris said members of the major crime unit are still investigating and had interviewed those who live in the apartment on Sunday.

No arrests have been made. According to a neighbour on Monday, two men lived in the building at 5278 or 5276 South (there are two units in one building).

"It's shocking," she said, adding that she had heard sirens around midnight and police knocking on their door shortly after that. Otherwise, she said, she hadn't heard anything else suspicious.

11 NEWS



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Truro. Cops searching for robbery suspect

Police are asking for the public's help in locating a suspect involved in an armed robbery in the Truro area.

The RCMP say the suspect entered the Needs store located on east Prince Street at 6:45 a.m. Sunday.

Police say the man threatened the lone woman working with a weapon before demanding money and cigarettes.

The man fled on foot with an undetermined amount of money.

Police dogs were unable to locate man leading authorities to believe a get-away vehicle was waiting for him.

The suspect is described as a



Image of the robbery suspect
COURTESY OF RCMP

white man and about 19 years old. He was wearing a black coat and grey hoodie with a grey scarf across his face and white leather gloves. **METRO**

Dartmouth. Teen a victim of armed robbery: Police

Police say a 17-year-old teen was the victim of an armed robbery near the Dartmouth Sportsplex over the weekend.

The incident occurred between 1:30 and 3 p.m. Sunday.

Police say the victim's phone and headphones were taken

during the robbery, which was reported to authorities several hours later. The male suspect is known to the victim, police say.

No injuries were sustained during the robbery and police are continuing the investigation. **METRO**

Sexual assault charge. Teacher to enter plea in July

A Nova Scotia teacher charged with sexual assault and luring minors will return to court in July to enter a plea on these and other related charges.

Amy Hood was represented in Pictou provincial court on Monday morning by lawyer Joel Pink.

Both the Crown and defence agreed to the adjournment to allow defence time to look over disclosure information.

Hood was charged by Stelarton RCMP as a result of an 11-week investigation following a complaint received from

Suspended with pay

Amy Hood is a Grade 6 teacher at Thorburn Consolidated School.

Thorburn Consolidated School.

She is charged with one count of sexual assault, one count of sexual interference, two counts of luring minors over the Internet for a sexual purpose and two counts of sexual exploitation of a young person. **METRO**

Running low on clothing

Salvation Army needs donations

The Salvation Army thrift stores in the Halifax area are running low on clothing and are appealing to the public for donations.

A release issued Monday says they are in the need of new or gently used clothing suitable for resale for men, women and children of all sizes and for all seasons.

For a list of what is accepted at the thrift stores, visit thriftstore.ca.

METRO

135 cartons, 380 baggies

Two charged with contraband smokes

Two Ontario men appeared in Sydney provincial court Monday after 135 cartons and 380 baggies of contraband tobacco was allegedly seized from their vehicle.

The men, aged 63 and 73, were stopped by RCMP on Hwy. 105 in Boularderie 9 a.m. Sunday. The vehicle was searched and the tobacco was found, police say. The two men were arrested without incident.

METRO



A rendering of the proposed development. CONTRIBUTED

Artillery Place proposal debated

HRM by Design.

Building exceeds maximum height by 10 metres, but is well below neighbouring buildings



RUTH DAVENPORT
ruth.davenport@metronews.ca

Six years after HRM by Design was implemented to settle questions about building heights, building heights are back in the spotlight — and so is HRM by Design.

Landmark Developments will present its proposed eight-

Quoted

"In fairness to developers, if we were meant to have a five-year review of HRM by Design, we should probably get on with it."

Paul MacKinnon, Downtown Halifax Business Commission director

storey, 26-metre Artillery Place project to the municipal Design Review Committee this week.

The mixed-use building will be located on the block bordered by Dresden Row, Queen Street, Artillery Place and Sack-

ville Street.

Although the proposal exceeds the maximum allowed height by 10 metres, Landmark COO Andrea Beckingham said it's in the very early stages.

"Instead of spending lots of money and time doing something that's not going to work, (we were told) to involve Design Review Committee early in the process," she said. "We don't know what (the committee) will say."

Beckingham said eight storeys would be "ideal," and said she's not sure how the company will respond if the proposal is rejected.

Coun. Wayne Mason, who represents downtown Halifax

and who sits on the committee, said in social media posts over the weekend that he would oppose the Artillery Place proposal because of the excess height.

That drew criticism from residents who said eight storeys isn't excessive for the area, and adhering rigidly to HRM by Design principles is anti-development.

Beckingham said she's not planning a fight, but has questions about the height restrictions.

"We've got 49 metres on one side and I think 39 metres on the other side," she said. "So it's like we're a forgotten piece of property, and we'd basically like to know why."

Cops looking for car that fled pedestrian accident

Police are looking for the driver of a car who they say fled the scene of the city's most recent accident involving a pedestrian.

The 30-year-old man was walking on Adelaide Avenue and Birch Street in Halifax on Sunday around 8:30 p.m.

when a car heading east on Adelaide struck the victim. The pedestrian was knocked to the ground and the vehicle fled the scene, say police. The car is described as a 1990s, dark Hyundai with the driver believed to be a man in his 30s. **METRO**

Rough winter

53

The number of accidents Halifax Regional Police have responded to involving vehicles and pedestrians so far in 2014. Of that total, 34 have been in crosswalks.

Water taxi idea floated for McNabs Island

Beaches and trails.

Ferry from Halifax could bring visitors to nearby 'unbelievable resource,' which includes historic forts



HALEY RYAN

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Gordon Stevens is hoping to land a new water taxi in Halifax after floating the idea of the Kipper Bus online.

Stevens, president of The Uncommon Group, would like to see a water taxi that helps people explore McNabs' beaches, trails, and historic forts more easily.

"It doesn't make sense that we can't get out there ... regularly and make better use of this unbelievable resource staring us right in the face."

The island is mostly a provincial park with a few private properties, about five kilometres long and

one and a half wide with lots of deer, birds and other wildlife.

Stevens said the spot has long been used as a recreational area for Haligonians.

From 1870 through 1930 there were two grounds featuring games, dancing and eventually amusement rides.

A couple guides take people from Eastern Passage, and groups can book on Murphy's Water-front Taxi in Halifax, but there's no way for one or two people to go out quickly.

A ferry ran out to the island in the 1980s, but Stevens said no one has likely tried to start another because the harbour was too dirty until recent years.

Stevens started the @KipperBusHFX Twitter account to start a dialogue around how to make the ferry a reality.

He said he's been "really shocked" by the positive reception from the Friends of McNabs Island Society, the province and other stakeholders.

"There's been no barriers put up in the least," Stevens said, adding they still need to work out an affordable price so families could afford to go a few times a year.

It would also be great to open the door for someone else to take over the project, Stevens said.

"If not, then we'll keep looking and we'll figure out a way to buy a boat," he said with a laugh.



A fisherman out on Halifax Harbour in front of McNabs Island last year. JEFF HARPER/METRO

Full of potential

McNabs offers history, wildlife environment

Having an affordable way to bring people back and forth to McNabs to "stumble upon history" would be a

good idea, said the Friends of McNabs Island Society president Cathy McCarthy.

McCarthy said the island is full of potential although the province lists it as a non-operational park. There aren't many facilities there, so the society has fundraised for a composting toilet, benches and trail upkeep, but anyone can book a

campsite through Natural Resources as well.

There are several old British forts and canons from the early days of Halifax, like the Fort McNab national historic site and Fort Ives, McCarthy said, plus abandoned Victorian gardens.

"It has all these historic buildings and artifacts and forts and canons and so on,

but it's reverted back to wildlife," McCarthy said.

"It's like a wild, natural environment park but you just stumble upon history everywhere you walk."

Sandy spots like Mangers Beach are also popular, McCarthy said, and the society is hoping to eventually turn an old teahouse into an information centre.

Quoted



"You want it to become an extension of the city."

Gordon Stevens, on McNabs Island

Political veteran. John Leefe to oversee Springhill's demise as town

A veteran of municipal politics in Nova Scotia has been tapped to oversee the decision by Springhill to dissolve itself as a town after 125 years of incorporation.

Municipal Relations Minister Mark Furey said Monday that John Leefe understands municipal reform.

Leefe is a former Progressive Conservative cabinet minister and was elected mayor of the Region of Queens Municipality three times before stepping

down in October 2012.

Furey said Leefe will bring experience to the job, having helped to successfully steer the town of Liverpool's amalgamation into a regional government in 1996.

"Mr. Leefe was a key individual in that change and the outcomes that municipality experiences to this day," said Furey.

Leefe called the pending changes for Springhill and Cumberland County a "tremendous opportunity for ratepay-

Application filed

An application has been filed with the Utility and Review Board to approve the town's decision.

ers."

Springhill council voted last week to dissolve itself in favour of joining the Municipality of Cumberland County by April 1, 2015. **THE CANADIAN PRESS**

Fletchers Lake. Group worried about future of popular historic canal site

A canal commission in Nova Scotia says public access could be lost to a historical site and a lake that is regularly used by paddlers who canoe on the Shubenacadie waterway.

Deborah Windsor of the Shubenacadie Canal Commission says a plot of land off Fletchers Lake in Fall River is protected under the province's Special Places Protection Act, which preserves historical sites.

But Windsor says a landowner of a neighbouring property is trying to claim the land under the Limitations of Actions Act, where land can be claimed if the owner can prove they have occupied it in a way that clearly shows ownership.

Windsor says hundreds of canoers, kayakers, church groups, scouts and school classes use it regularly.

She adds that it's the

only public access point to Fletchers Lake and is also home to a historical lock used in the original Shubenacadie Canal system in the mid-1800s.

Windsor says the group plans on meeting with Natural Resources Minister Zach Churchill on Tuesday.

She is urging the public to share their stories in an effort to prevent the site from becoming private land.

THE CANADIAN PRESS

Critch's corner



Newfoundland native Mark Critch believes negative perceptions of East Coasters are becoming a thing of the past. JEFF HARPER/METRO

It's outdated: 22 Minutes' Mark Critch on the East Coast typecast

Atlantic Canada is known for its funny folk.

From Rick Mercer to Cathy Jones, East Coast comics seem second-to-none in bringing Canadians to gales and guffaws. But when it comes to the Atlantic Canadian stereotype, 22 Minutes veteran funnyman and St. John's, N.L., native Mark Critch gets serious.

Metro News caught up with the comedian in Halifax to hear his thoughts on pigeonholing Atlantic Canadians and whether the East Coast label is changing.

Describe a stereotypical Atlantic Canadian.

I guess a bit of a drinker. Working the system to get a cheque. Happy-go-lucky.

Are they/we crazy? Or is there some merit to these stereotypes?

I don't think so. Anyone who has met a farmer, fisherman or plant worker would know they are hard workers. Seasonal work doesn't mean lazy. Most people who depend on EI to supplement income work a lot harder and longer than the politicians who send out the EI PIs (Employment Insurance Private Investigators).

You're looking at a stereotypical Atlantic Canadian — what do you see?

The "Newfie joke" used to be the guy in the sou'wester, pipe in hand, nodding and winking. I think these days more people think of Rick Mercer or Rex Murphy or Danny Williams when they think of Newfoundland. It's outdated.

How do you think people elsewhere in the country think of you?

Everywhere I go I hear people talking about the job opportunities in oil and gas, the scenery, the music scene, etc. I think a lot of Canadians want to come here and are envious of a place that has such a healthy cultural identity.

It seems like most of the negative East Coast stereotypes come from East Coasters themselves — are we a self-deprecating bunch? Is it all in our heads?

I disagree. When East Coasters went to the big city to find work in the '50s, '60s and '70s, they were mocked and made fun of because they spoke differently. They weren't as "hip." One of the reasons we have so many comedians is that we quickly learned a sharp wit was handy in these situations. The new generation is proud of who they are and where they are from. And so they should be. I don't hear those jokes anymore when I travel. Used to be the first thing someone in Toronto would do was tell you a Newfie joke. Now they say, "I love Hey Rosetta."

GEORDON OMAND/METRO

WHO IS AN EAST

Know the East Coast, from least to most.

Drinking, smoking, living on lobster and welfare — is this how the rest of Canada sees the East?



RUTH DAVENPORT
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In a country the size of Canada, stereotypes are hard to avoid. They're a shortcut to identity, an easy way of distinguishing people in one place from another. British Columbians are left-wing pot-smoking radicals, Albertans are ultra-conservative cowboys and Ontarians believe they're the centre of the universe.

Then there's Atlantic Canada, to most Canadians the home of friendly, roughspun fisherfolk scratching out a living in quaint villages scattered across the lovely expanse of land between Montreal and the ocean.

"I find that they're often envious about when I talk about my visits home, going to the ocean, just the natural beauty and landscape of the Maritimes," said Windsor Junction, N.S., resident Sarah Harper, now living in London, Ont. "They have that postcard image of Peggy's Cove, and that's what the Maritimes is."

It sounds benign — better than being a cowboy, anyway — but experts say there's some unflattering baggage lurking behind that romanticized caricature.

"Packaged in with the stereotype of the fisher is precarious employment, ruralness, hard living, underdevelopment," said Howard Ramos, a Dalhousie University professor of sociology and Canadian studies.

"Those are some of the same things that contribute to stereotypes around drinking, smoking, etc. And they also

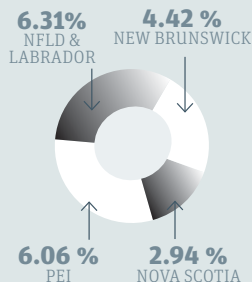
Whose identity is it?

There's a fair bit of this being the ball in our court ... are we going to have our narrative authentically shaped by ourselves or are we going to have it foisted on us by someone else?

Ray Ivany
Chair, Nova Scotia Commission, Building Our New Economy

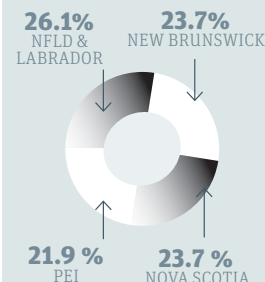
EI claims:

(AS PERCENTAGE OF POPULATION 2012)
CANADA: 1.48 %



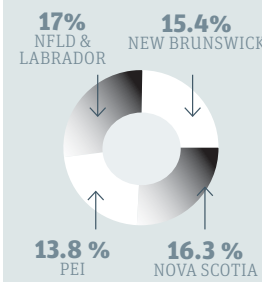
Smoking rates

(2012)
CANADA: 20.3 %



Alcohol use

(EXCEEDING LOW-RISK DRINKING GUIDELINES, CHRONIC, 2011)
CANADA: 14.4 %



contribute to some of the reality."

Fact, fiction and the grey areas

Stereotypes are a blend of fact and distortions of fact: To wit, the fishing industry is Atlantic Canada's largest single private employer, but actual fishermen represent only a small percentage of the total population.

Most Atlantic Canadian stereotypes are rooted, in some form, in the region's post-Confederation history as "have not." Social indicators of poverty, such as smoking, alcohol abuse and obesity rates are highest in the Atlantic provinces, reinforcing perceptions of the region as economically depressed — and insignificant.

"Even when the (groundfish) fishery closed, the rest of Canada didn't seem to have a visceral reaction," said Ramos, referring to the 1990s collapse of cod and groundfish stocks, which sustained the livelihoods of thousands of fishers and processors in the plant

workers. "It was overshadowed by the Quebec referendum, the low Canadian dollar ... when you think that four provinces of the country were affected, that's a surprising lack of concern."

Perhaps the best-known example of an Atlantic Canada brush-off is Prime Minister Stephen Harper's observation in 2006 that the region suffered from a "culture of defeat."

"It's ... taking a very complex set of circumstances, psychologically, culturally, attitudinally, and then making a relatively far-reaching stereotypical comment," said



Will the image of plaid-clad fisherfolk follow East Coasters for generations to come?

JEFF HARPER/METRO

COASTER?

Fascinating ignorance?

"I think there's a fascination with East Coast culture, the romanticization ... yet a failure to actually get even one step below that facade to get to know the names of our provinces, for example."

Megan Leslie
Halifax MP

Ray Ivany, president of Acadia University and chair of a panel that released a recent sweeping report on Nova Scotia's economic prospects.

Ivany spent 14 months in research and public consultation for the panel's report, and said Nova Scotians definitely suffer from some cultural "fault lines" — but shouldn't let those become the grounds for being overlooked.

"You'd never let somebody else, who barely knows you, declaratively make a statement that defined

you," he said. "So why should we allow it as a province or a region?"

The interplay of politics and identity

Stereotypes make great punchlines, but they have real-world implications that are no laughing matter. Halifax MP Megan Leslie says she and her Atlantic counterparts tend to tread carefully around certain issues because of the possibility of reinforcing negative stereotypes.

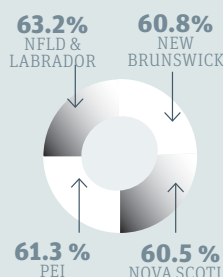
"Sometimes we're shy about, well, do we really want to go out on this EI thing again," she said. "Because while it is an important issue for us in Atlantic Canada, maybe we are painting ourselves as the poor Atlantic cousins."

Ramos says basic fairness is another reason to confront stereotypes, noting Canada can't dismiss the Atlantic region as the poor cousin while benefitting from its workers and exports.

"I f

Body mass index

BODY MASS INDEX, OVERWEIGHT OR OBESE, SELF-REPORTED
CANADA: 52.5 %



central Canada wants to eat the lobsters, and have the Christmas trees and have the offshore oil and the mineral resources in Labrador, it means this region has to have an infrastructure investment in it from central Canada as well," he said.

Changing the Atlantic Canada stereotype could also have a potential impact on the region's economic future. Ivany's report highlighted a need in Nova Scotia to change negative attitudes towards entrepreneurial success and outsiders to encourage and promote growth.

Although the deeply entrenched suspicion towards "come from aways" may be understandable, given a long history of being governed and managed by absentee and often exploitative entities, Ivany said it's time to start being more welcoming — not just "friendly" — to immigrants who come to Atlantic Canada in search of a home.

"The challenge now is to recognize that we've got to be much more welcoming, much more supportive of people from around the world who want to come here and frankly we need to be part of our province," he said.

Ultimately, Harper — the Windsor Junction resident living in Ontario — says Atlantic Canadians need to stop beating up on themselves.

"I don't want to say ... there's a bit of an inferiority complex, but I really think there is," she said. "Have a little bit of pride that I think most of the rest of the country is pretty envious."

Your turn

How would you describe an East Coaster?



We asked via social media. Here's what you said:

1) Honest & reliable appearance, laugh lines around eyes & mouth, normal teeth (not artificially white), wearing jeans and plaid.

A lot of happy old guys

2) Courteous, social and can't drive.

Proud Maritimer... salt of the earth. Our look is diverse.

3) Probably clinically depressed & unemployed

Definitely laid back... less stress here.

4) White, middle-aged, redneck, blue-collared, slightly overweight, uninformed, boring, no appreciation of the arts, alcoholic... full of complaints but no solutions, & completely out of touch with younger generations.

Easy going people, a little behind the times in fashion and trends

5) Friendliest people on the planet.

6) No young ones. They're all out west.

To watch a video of what people at the Halifax Stanfield International Airport had to say about this topic, visit metronews.ca/halifax

PHOTOS: 1: WANDERING MAGPIE / FLICKR, 2: LITHIA LIFE / FLICKR, 3: NITTOB / FLICKR, 4: LIZ BEDDALL, 5: LIZ BEDDALL, 6: ASHRAFUL KADIR / FLICKR

Wear it with pride

The sou'wester hat trick

There are few Canadian symbols more iconically East Coast than the sou'wester.

The collapsible rain hat — traditionally an oilskin — extends longer in the back to protect the neck from rain and often features a flipped-up front brim gutter for added rain protection.

But few might be aware of the process and protocol involved in donning the yellow bonnet.



Follow these four sacrosanct steps — endorsed by the apocryphal Angus Sou'Wester — and you too can wear the oilskin with East Coast pride:

- Place sou'wester on head, ensuring that the short brim faces the bow with the long brim pointing towards your stern.
- Take pure salt water from the Atlantic Ocean and anoint sou'wester with care.
- Pour one full ounce of black rum or a reasonable facsimile.
- Place left hand over heart and, facing the Atlantic Ocean, down rum in one gulp.



Bieber a no-show for first court date

Justin Bieber's lawyer Brian Greenspan talks to media outside court as Bieber fans look on in Toronto on Monday. The roughly two dozen Bieber fans were left heartbroken when the teen heartthrob did not show up for his first court date. The pop star faces assault charges relating to an alleged incident involving a limo driver in December of last year. CHRIS YOUNG/THE CANADIAN PRESS

Heroin a 'public health crisis.' First responders should carry antidote: U.S. attorney general

U.S. Attorney General Eric Holder on Monday called an increase in heroin-related deaths an "urgent and growing public health crisis" and said first responders should carry with them a drug that can reverse the effects of an overdose.

The video message posted on the Justice Department's website reflects the federal government's concern about the growing prevalence of heroin and prescription painkillers. The number of overdose deaths involving heroin increased by 45 per cent between 2006 and 2010, according to the White House Office of National Drug Control Policy.

"Addiction to heroin and other opiates, including certain prescription painkillers, is impacting the lives of Americans in every state, in every region, and from every background and walk of life — and all too often, with deadly results," Holder said in the message.

His public support for an antidote that could be used to rescue overdosing drug users

Quoted

"Confronting this crisis will require a combination of enforcement and treatment. The Justice Department is committed to both."

U.S. Attorney General Eric Holder

mirrors the position of the White House drug policy office, which has also urged all first responders to have the medication on hand. At least 17 states, including Washington, D.C., allow naloxone — commonly known by the brand name Narcan — to be distributed to the public, and bills are pending in some states to increase access to it.

Advocates say Narcan, which comes in a spray and injectable form, has the potential to save many lives if administered within a certain window. But critics fear that making the antidote too accessible could encourage drug use.

THE ASSOCIATED PRESS

Barrie, Ont.

Mom arrested for allegedly getting child to steal

A woman is facing charges after allegedly distracting a cashier so her young child could steal items from a store. Police in Barrie say an eight-year-old was pushing a shopping cart loaded with \$1,500 worth of power tools out to a waiting taxi, while the mother was distracting store staff. Investigators say the woman was arrested and the child was sent home in the taxi.

THE CANADIAN PRESS

10.7 billion trips

Public transit booming in U.S.

Americans are boarding public buses, trains and subways in greater numbers than any time since the suburbs began booming. Nearly 10.7 billion trips in 2013, to be precise — the highest total since 1956, according to ridership data reported by transit systems nationally and released Monday by the American Public Transportation Association.

THE ASSOCIATED PRESS

Out-of-body experience finds a safe landing pad in science

U of O. Researchers conducted a study on a woman who can voluntarily have an out-of-body experience



LUCY SCHOLEY
lucy.scholey@metronews.ca

An out-of-body experience might sound like something from a paranormal movie or a religious cult, but a pair of researchers from the University of Ottawa have the science to back the curious case.

Claude Messier and Andra Smith conducted a study on a woman who can voluntarily have an out-of-body experience. It had become common practice for the 24-year-old, who said she started doing it when she was a child to help her fall asleep.

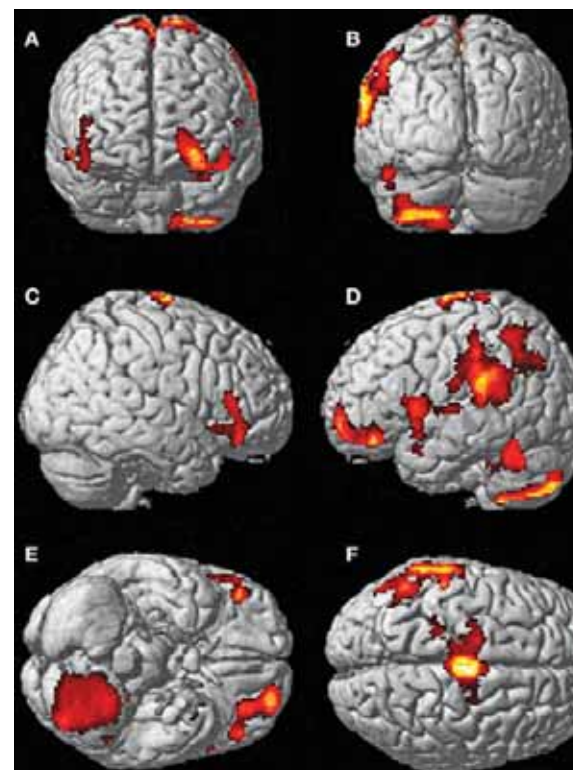
Messier and Smith conducted functional MRI scans of the woman while in this state and found that there's brain activity linked to the feeling of being lifted out of one's body or seeing one's body while outside of it. They had her imagine she was doing jumping jacks or roll over while in this out-of-body state.

Normally, when one imagines doing jumping jacks, both sides of the brain are active. But in this woman's out-of-body state, the scanned images showed activity predominately on the left side of the brain.

"That was a cue to us that we were just doing something different than just regular imagery," said Messier.

"It was a bit of a surprise and we certainly didn't expect anything special," he said, adding that they tested her twice. "We were a bit unsure, skeptical, that this was actually happening."

This woman was an interesting case, said Messier, because most people have



Researchers at the University of Ottawa have found unusual brain activity that could be linked to the feeling of an out-of-body experience. CONTRIBUTED

out-of-body experiences following a traumatic event or drug use. While typically frightening — especially for those experiencing them for the first time — this woman was able to do it on her own terms.

Since this study was published, Messier said he's heard from other people who say they can voluntarily have

out-of-body experiences. He's also seen blog articles that link this study to religion or paranormal activity, but he said those are misleading.

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience," he said.

Quoted

"There's science that backs the idea that the brain generates our body image and that changes in the brain, very often pathological, can induce the out-of-body experience."

Claude Messier, a researcher at U of O

Research

Most people have out-of-body experiences following a traumatic event or drug use.

- These experiences are typically frightening — especially for those experiencing them for the first time.

Russia to counter U.S. proposal for Ukraine crisis



Pro-Russian protesters, right, clash with Crimean Tatars in front of a local government building in Simferopol, Crimea, Ukraine, in this Feb. 26 photo. The arrival of Russian troops in Crimea has opened old wounds among the Crimean Tatars, who once again fear they will be unwelcome in their homeland. DARKO VOJNOVIC/THE ASSOCIATED PRESS

Geopolitics. Minister says Ukraine in near state of war

Russia said Monday it is drafting counterproposals to a U.S. plan for a negotiated solution to the Ukraine crisis, denouncing the new Western-backed government as an unacceptable "fait accompli" and claiming that Russian-leaning parts of the country have been plunged into lawlessness.

The Kremlin moves came as Russian forces strengthened

their control over Crimea, less than a week before the region is to hold a contentious referendum on whether to split off and become part of Russia.

In a televised briefing with President Vladimir Putin, Russian Foreign Minister Sergey Lavrov said proposals made by U.S. Secretary of State John Kerry are "not suitable" because they take "the situation created by the coup as a starting point," referring to the ouster of Ukraine's pro-Kremlin president, Viktor Yanukovich.

Meanwhile, Ukraine's foreign minister said Monday that his country was practically in a

state of war with Russia, whose forces have effectively taken control over the Crimean Peninsula in what has become Europe's greatest geopolitical crisis since the end of the Cold War.

"We have to admit that our life now is almost like ... a war," said Foreign Minister Andrii Deshchysya. "We have to cope with an aggression that we do not understand."

Deshchysya said Ukraine is counting on help from the West. Prime Minister Arseniy Yatsenyuk is to meet with President Barack Obama in Washington on Wednesday.

THE ASSOCIATED PRESS

South Sudan. Protesters denounce UN after weapons found in truck

Hundreds of young South Sudanese men marched in protest of the United Nations on Monday following the discovery of land mines inside a UN truck that was marked as carrying food.

The rally participants marched through the city and shouted slogans of support for President Salva Kiir while also denouncing Hilde Johnson, the top UN official in the country. Protesters accused Johnson of supplying arms to rebels fighting South Sudan's government.

"The transport of cargo of

Security report

An internal UN security situation report over the weekend said the government impounded 12 UN trucks.

general goods belonging to the Ghanaian battalion (was) on its way to Bentiu. Several containers were wrongly labelled and inadvertently contained weapons and ammunition," said UN spokeswoman Ariane Quentier. THE ASSOCIATED PRESS

Syria

Ordeal ends for abducted nuns

Syrian militants released a group of Greek Orthodox nuns Monday in exchange for dozens of women held in government prisons — a rare deal between Damascus and al-Qaida-linked rebels that was mediated by Qatari and Lebanese officials.

The dramatic scene of the nuns being freed from vehicles in the dead of night along the Lebanese-Syrian border, bidding their captors a surprisingly friendly farewell, ended the women's three-month ordeal. THE ASSOCIATED PRESS

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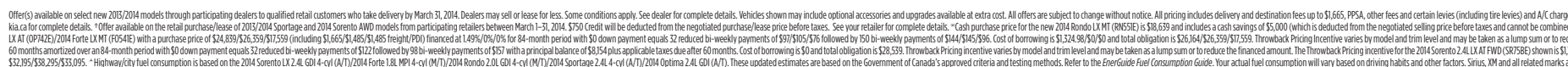
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2014 IIHS TOP SAFETY PICK

Optima SX AT shown^Δ

THE NEW 2014 OPTIMA

hwy / city 100km
5.7L/8.9L^Δ

WAS
~~\$145~~

THROWBACK PRICING
\$105[≠] \$0 DOWN.
BI-WEEKLY
payments for the
first 15 MONTHS.
6-SPEED AUTOMATIC

0%[≠]
financing

Includes Variable Throwback Pricing Incentive. \$105 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Optima LX AT (OP742E), financing for 84 months. After 15 months, bi-weekly payments increase to \$145. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

2014 MOTORING "BEST ECONOMY CAR"

Forte SX shown^Δ

THE ALL-NEW 2014 FORTE

hwy / city 100km
5.3L/8.0L^Δ

WAS
~~\$96~~

THROWBACK PRICING
\$76[≠] \$0 DOWN.
BI-WEEKLY
payments for the
first 15 MONTHS.
6-SPEED MANUAL

0%[≠]
financing

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BLUETOOTH[®]
CONNECTIVITY((Siriusxm)) SATELLITE
RADIOWINDSHIELD
WIPER DE-ICER50
DE CREDIT[†]Sportage SX Luxury shown^Δ

THE NEW 2014 SPORTAGE

hwy / city 100km
7.0L/10.0L^Δ

WAS
~~\$144~~

THROWBACK PRICING
\$97[≠] \$0 DOWN.
BI-WEEKLY
payments for the
first 15 MONTHS.
6-SPEED MANUAL

1.49%[≠]
financing

Includes Variable Throwback Pricing Incentive. \$97 bi-weekly payments include \$1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP551E), financing for 84 months. After 15 months, bi-weekly payments increase to \$144. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

BEST NEW SUV

(\$35,000-\$60,000)

50
DE CREDIT[†]Sorento SX shown^Δ

THE NEW 2014 SORENTO

hwy / city 100km
7.1L/10.4L^Δ

WAS
~~\$157~~

THROWBACK PRICING
\$122[≠] \$0 DOWN.
BI-WEEKLY
payments for the
first 15 MONTHS.
6-SPEED AUTOMATIC

0%[≠]
financing

Includes Variable Throwback Pricing Incentive. \$122 bi-weekly payments include \$1,120 Throwback Pricing Incentive. Payments are based on 2014 Sorento 2.4L LX AT FWD (SR75BE), 60-month financing amortized over 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$8,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*



The Power to Surprise

(\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. *Offer available on the retail purchase/lease of any 2014 Rondo model from participating retailers between March 1-31, 2014, upon proof of current ownership/lease of a competitive cross-over vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply, ask your retailer or go to kia.ca for details. †Offer available on the retail purchase/lease of any 2014 Rondo LX MT (R053E) from a participating dealer between March 1-31, 2014, is deducted from the selling price before taxes and cannot be combined with special lease/finance offers. Some conditions apply. *Throwback Pricing available O.A.C. on financing offers on new 2013/2014 models. Financing for 84 months example: 2014 Sportage LX MT FWD (SP551E)/2014 Optima LX AT (OP742E) with a purchase price of \$28,539 (including \$1,665 freight/PDI) financed at 0% for 84 months. After 15 months, bi-weekly payments increase to \$157. Principal balance of \$8,154 due after 60 months. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.*

Newtown. The New Yorker publishes first interview with gunman's father

In his first public comments since he released a statement the day after the 2012 Connecticut school massacre, the father of Adam Lanza describes his struggle to comprehend what his son did — an act that “couldn’t get any more evil” — and how he now wishes that his son had never been born.

Peter Lanza also told The New Yorker magazine in a series of interviews last fall that he believes Adam would have killed him, too, if he had the chance. And he often contemplates what he could have done differently in his relationship with Adam, although he believes the killings couldn’t have been predicted.

“Any variation on what I did and how my relationship was had to be good, because no outcome could be worse,” Peter Lanza told the magazine in an article dated March 17.

Peter and Nancy Lanza separated in 2001 and divorced in 2009. He last saw Adam in October 2010 and wanted to maintain contact with him. But Nancy Lanza wrote him an email saying Adam didn’t want to see him, despite her efforts to reason with him.

He said he hadn’t seen his son in two years when Adam killed 20 first-graders and six educators at Sandy Hook Elementary School in Newtown in 2012. **THE ASSOCIATED PRESS**

Study. Researchers find that elephants can discern among languages, gender

Wild elephants can distinguish between human languages, and they can tell whether a voice comes from a man, woman or boy, a study released Monday in the Proceedings of the National Academy of Sciences says.

Study author Karen McComb and colleagues went to Amboseli National Park in Kenya, where hundreds of wild elephants live among humans, sometimes coming in conflict over scarce water. The scientists used voice recordings of Maasai men, who on occasion kill elephants in confrontations over grazing for cattle, and Kamba men,

who are less of a threat to the elephants. The recordings contained the same phrase in two different languages: “Look over there. A group of elephants is coming.”

By about a two-to-one margin, the elephants reacted defensively more to the Maasai language recording because it was associated with the threatening human tribe. They repeated the experiment with Maasai men and women. Since women almost never spear elephants, the animals reacted less to the women’s voices.

THE ASSOCIATED PRESS

Florida

Skydiver injured by plane still willing to take flight

A skydiver injured when a small plane crashed into him in Florida says he’ll jump again as soon as he feels safe.

Forty-nine-year-old John Frost told ABC’s Good Morning America in an interview that aired Monday that he’s sore and has some bruises, but no broken bones.

On Saturday, his parachute got entangled with an aircraft piloted by 87-year-old Shannon L. Trembely. Both men were taken to the hospital but escaped serious injury.

THE ASSOCIATED PRESS

Alabama

Woman with Alzheimer’s found living with dead spouse

An elderly woman who suffers from Alzheimer’s disease lived with her husband’s body for a month after he died not realizing what happened, authorities said Monday. Doris Kirby, 78, was hospitalized after the discovery.

The man apparently died of natural causes in his sleep about four weeks ago. The door was closed to the bedroom where the man died, Morgan County Coroner Jeff Chunn said, and the woman continued living in other parts of the house. **THE ASSOCIATED PRESS**



Oscar Pistorius buries his head in his hand as he listens to questioning during his trial Monday in Pretoria, South Africa, regarding the events surrounding the shooting death of his girlfriend, Reeva Steenkamp. BONGIWE MCHUNU/THE ASSOCIATED PRESS/POOL

Pistorius trial continues with graphic testimony

Pretoria. Amputee athlete vomits in courtroom as Reeva Steenkamp’s gunshot wounds are described

Oscar Pistorius vomited in the dock and retched repeatedly and loudly at his murder trial Monday as he heard graphic details of the injuries sustained by the girlfriend he shot, including a head wound that was probably instantly fatal, according to the pathologist who performed her autopsy.

Reeva Steenkamp was

shot with bullets designed to expand on impact and cause maximum damage, Prof. Gert Saayman testified after he identified the type of bullet from fragments in Steenkamp’s skull.

Saayman also gave his expert opinion on how long before she died Steenkamp last ate, by the food contents in her stomach. He estimated that it wouldn’t have been more than two hours before she died. That appeared to contradict Pistorius’s version that suggests the couple had eaten and were in bed by 10 p.m. Steenkamp was shot after 3 a.m.

Saayman’s testimony was not broadcast or reported

live on Twitter by journalists because of its explicit content under an order from Judge Thokozile Masipa. However, journalists were allowed to report the testimony without directly quoting the witness’s words.

As the double-amputee runner, hunched over on a bench, vomited as he heard the description of Steenkamp’s wounds, Masipa briefly halted the testimony to ask chief defence lawyer Barry Roux to attend to his client.

The judge also asked whether Pistorius was able to understand the proceedings. Roux said Pistorius’s reaction was not going to change. A

bucket was placed at his feet.

After court adjourned for the day, Pistorius sat for a few minutes with his hands over his ears and his body heaving and bent forward as his brother held a hand on his back.

Pistorius, the first amputee to run in the Olympics, is charged with premeditated murder for the shooting death of 29-year-old Steenkamp before dawn on Feb. 14, 2013.

Pistorius, 27, says the killing was accidental because he thought his girlfriend was a dangerous intruder when he shot her through the door of a toilet cubicle in his home. **THE ASSOCIATED PRESS**

Edward Snowden speaks to crowd of 3,000 at SXSW tech conference



NED EHRBAR
Metro World News in Hollywood

NSA leaker Edward Snowden called for public oversight of U.S. intelligence programs during a web-streamed speech at SXSW Interactive Monday, one of the most anticipated segments of the technology conference.

Snowden, appearing remotely from Russia where he remains in exile, urged attendees to take more control over how the various intelligence agencies interact with citizens. The speech marked the first time Snowden has addressed U.S. citizens direct-

ly since going into exile.

“South by Southwest and the tech community, the people in the room in Austin, they’re the folks who can fix this,” Snowden said. “We need public oversight, some way for trusted public figures to advocate for us. We need a watchdog that watches Congress, because if we’re not informed, we can’t consent to these policies.”

When asked by an attendee if he had any regrets about his decision to leak classified NSA documents, Snowden replied that he would “absolutely” do it again.

“Regardless of what happens to me, this is something

that we had the right to do,” he said, a copy of the U.S. Constitution serving as his backdrop. “I took an oath to support and defend the Constitution. And I saw the Constitution was being violated on a massive scale.”

While the speech drew generally positive responses from the crowd, it had been preceded by criticism and controversy, with Rep. Mike Pompeo urging the conference in an open letter to cancel the event, calling Snowden a traitor and common criminal.

Snowden’s speech was viewed by 3,000 conference attendees filling the main auditorium at the Austin Con-



A screen grab of NSA leaker Edward Snowden. CONTRIBUTED

vention Center. Two overflow rooms had been set up by the conference, with the speech also streamed live by the Texas Tribune.

Black Twitter gains followers online and IRL

Trending. The modern twist on the barbershop 'brings the fullness of black humanity into the social network'

When a U.S. jury convicted Michael Dunn of attempted murder, but not actual murder, in the shooting death of a black teenager, the hashtag #dangerousblackkids popped up on Twitter. Users posted photos of black babies and toddlers, making fun of the fear that Dunn testified he felt before opening fire on a car full of teens at a convenience store.

That hashtag was the calling card of Black Twitter, a small corner of the social media giant



Black Twitter offers self-expression online, 140 characters at a time.
THE ASSOCIATED PRESS

where an unabashedly black spin on life gets served up in 140-character instalments.

Black Twitter shares opinions on everything from President Barack Obama to the

latest reality TV show. But Black Twitter can also turn activist quickly.

"Black Twitter brings the fullness of black humanity into the social network, and that is why it has become so fascinating," said Kimberly C. Ellis, who has a doctorate in American and Africana Studies, tweets as @drgoddess and is studying Black Twitter for her upcoming book, *The Bombastic Brilliance of Black Twitter*.

According to a Pew Research Center report, while similar numbers of blacks and whites use the Internet — 80 per cent and 87 per cent, respectively — 22 per cent of those blacks who were online used Twitter in 2013, compared with 16 per cent of online whites.

THE ASSOCIATED PRESS



Come to where the controversy is — Come to vapers country

A patron exhales vapour from an e-cigarette at the Henley Vaporium in New York City. The proprietors are peddling e-cigarettes to so-called "vapers," a growing movement of enthusiasts that now includes celebrity fans and YouTube gurus, online forums and vapefests around the world. In just eight years or so, the number of vapers has grown from a few thousand to millions, in large part because of the still-controversial belief that e-cigarettes are safer than tobacco. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Market Minute



DOLLAR
90.08¢
(-0.09¢)



TSX
14,302.06 (+2.98)



OIL
\$101.12 US (-\$1.46)



GOLD
\$1,341.50 (+\$3.30)

Natural gas: \$4.66 US (+\$0.04)
Dow Jones: 16,418.68 (-34.04)

Peeling back profits

World has new top banana: Fyffes and Chiquita merge

Chiquita of the United States and Fyffes of Ireland have agreed to merge to create the world's biggest banana supplier. THE ASSOCIATED PRESS

Péladeau too close to press?

The day after media tycoon Pierre Karl Péladeau's plunge into provincial politics, he's earning considerable praise in the pages of Quebec's most-read newspaper — one he happens to own.

Columns in the flagship paper of Péladeau's empire described the Parti Québécois candidate as a magnificent catch, a game-changer for Premier Pauline Marois and bad news for supporters of Canadian unity.

Several opinion writers in Monday's *Le Journal de Montréal* also said Péladeau delivers instant credibility to the pro-independence PQ as it tries to beef up its economic chops.

Péladeau stunned the prov-



Pierre Karl Péladeau THE CANADIAN PRESS

ince Sunday by announcing he would run alongside Marois to help the PQ win a majority mandate in the April 7 election.

The media baron's new career is raising concerns about his media company's influence on political coverage in Quebec

— even though Péladeau has resigned as vice-chairman of Quebecor Media Inc.

He's insisted his media outlets would maintain independent coverage.

Péladeau says he will retain his ownership stake in the company and place his investments in a blind trust.

Monday's *Le Journal de Montréal* featured a front-page photo of Péladeau and a half-dozen columns that discussed Péladeau's high-profile candidacy.

Michel Hébert wrote in a column titled, "Péladeau says Yes!" that Marois' manoeuvre to land him was "a masterful coup!" THE CANADIAN PRESS

Loblaws hooks a new salmon

Grocery giant Loblaws will be the first retailer in North America to sell a new type of responsibly farmed salmon, an offering it hopes will differentiate itself amid intense competition from its grocery rivals.

Loblaws, which is also the country's largest biggest buyer and seller of seafood, said the decision to stock Atlantic salmon certified by the Aquaculture Stewardship Council (ASC) will give customers more choice when selecting respon-

sibly farmed fish.

The ASC is an independent, not-for-profit organization based in the Netherlands that certifies responsible seafood farms, processors and distributors around the world that produce Atlantic salmon, Arctic char, shrimp, mussels and oysters.

Melanie Agopian, senior director of seafood sustainability with the supermarket chain, said only one Atlantic fish farm in Norway has been approved

by the group, which introduced the standards late last year.

"We are excited to bring this market to Canada," she said.

Currently, ASC-approved farmed Atlantic salmon is only sold in Japan and Europe.

The B.C. Salmon Farmers Association says a number of Canadian farms have achieved sustainability certification through other agencies, with three fish farms aiming to achieve ASC standards by 2020.

THE CANADIAN PRESS

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Shaughnessy HOMES

THERE SHOULDN'T BE AN APP FOR THAT

Are you a terrible boyfriend? Well guess what, now there's an app for that.

The newly released BroApp promises to deliver an automated message to your girlfriend once a day so you can spend more time with your "bros." That's right, digitally savvy dudes, you can now outsource your relationship to your cellphone for the bargain price of just \$1.99.

Users have the option to craft their own customized sweet-nothings or select from a pre-programmed list of grammatically incorrect and cringe-worthy greetings such as "Hi darl, how did you go today?" and "Hey babe, what's doing with you today?"

I'm sorry, but are we to assume that the modern man is so incredibly inept at multitasking that he can't remember to take 10 seconds out of his bro-filled day of fist-bumping and beer-chugging to show some affection to-



SHE SAYS
Jessica Napier
metronews.ca

wards the person he is romantically interested in? Seriously?

Presumably a "girlfriend" is someone with whom you'd like to cultivate a meaningful emotional and physical relationship. If this is a woman you'd like to share your life with, go to dinner with and have sex with, shouldn't you at least have the decency to communicate with her directly rather than relying on some sort of digital proxy to do it for you?

Furthermore, do the tech wizards over at BroApp presume the girlfriends of the world are so insecure that they just can't bear to go more than 24 hours without hearing from their man?

Spoiler alert, guys: Women aren't just sitting around brushing our hair and waiting for you to finish hanging out with your buddies so you can lavish us with attention. We actually have a lot of stuff going on: jobs to do, people

to see, Pilates classes to attend and Netflix shows to binge-watch. Sure it'd be nice to receive a sweet text message from you during the day, but we're not desperately clutching our phones and waiting with bated breath for you to grace us with a lacklustre "Sup?"

There's no faking sincere dialogue and there's a good chance your girlfriend is going to be able to tell the difference between a hand-crafted message from her human boyfriend and BroApp's impersonal scripted greetings.

Checking in with your significant other isn't an annoying chore to contract out to a computerized mobile wingman. So if you're actually considering taking the time to download this app and hand-pick your preferred lazy-boy-friend messages, then for goodness' sake just pick up the phone and have an actual conversation.

Or better yet, use that \$1.99 to take your lady friend out for a cup of coffee and engage in some old-fashioned face-to-face communication.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Anyone want to retweet this?



ZSL LONDON ZOO/REX

Lemur gets into selfie craze

It certainly seems that 2014 is set to be the year of the selfie, as this lemur poses for a cheeky picture at the London zoo. Bekily, a 12-year-old, ring-tailed lemur, was clearly out to take the Twitter crown for most retweets from Ellen DeGeneres, who posted the star-studded Oscars selfie. **METRO**

'He grabbed the camera lens'

"We're always taking quick pics of the animals we look after — as with workmates this is cute — but Bekily definitely wanted to get in on the action himself this time," says keeper Tegan McPhail. He adds: "As I was snapping away, he grabbed the camera lens and pulled it towards his own face." **METRO**

Other selfie moments

- **Barack Obama.** The U.S. president caused controversy following his selfie with British PM David Cameron and Danish PM Helle Thorning-Schmidt at the Nelson Mandela memorial service.
- **Kim Kardashian.** The star

showed she was back to her booty-shaking best after giving birth to North West in June.

- **David Cameron.** The prime minister was mocked for his "serious selfie" that pictured him on the phone to Barack Obama.

Clickbait



IRENE KUAN
Metro Online

Love doing your nails but hate painting on a colour only to regret it? On top of wasting time, it can also be a pricey habit, with professional manicures running upwards of \$30. Here are some free apps for beauty buffs to have a virtual manicure before shelling out the big bucks at a salon.



ISTOCKIMAGES

Nail Maker: Virtual Manicure:

This app is like a real nail salon, where you can clip, buff, polish and decorate your nails virtually. You start with choosing your skin tone, and then start playing with different colours, gems and art pens. Once you're done, clean up with polish remover and start again.

Virtual Nail Salon by ModiFace:

Try on real-life nail polish colours, patterns and rings with this app. You can even create a customized nail polish pattern by uploading a photo.

Twitter

@metropicks asked: @strombo will host @hockeynight next season. What is your first reaction? #HNIC #HNICstrombo

@AllanSorensen: don't care what broadcaster absorbs @strombo, so long as it puts an end to one of the most shameful episodes in CBC history

@KeightyEm: Just when you weren't sure it was possible... hockey got sexy.

@Smugshot: would have preferred Rick the temp

@policyfrog: I like Strombo just fine,

but I'm still going to win the first time he ironically wears a powder blue sport coat on air.

@Mel_Brown: I'm thrilled if it means Don Cherry is gone! :)

@Glenn_A_Johnson: As a former journo and broadcaster, I admire his invu skills. He will bring a touch of hip.

@MyNewsStop: Its great! Strombo is pure Canadian & a sincere personality. He is a great fit #HNICstrombo

@laneyj19: Ppl should start learning how to spell and pronounce his name now!

Follow @metropicks

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

DVD review



Inside Llewyn Davis

Directors. Joel Coen, Ethan Coen

Stars. Oscar Isaac, Carey Mulligan, John Goodman

The Coen Bros.' uncanny evocation of the 1961 New York City folk music scene, starring Oscar Isaac as a striving troubadour, makes for a wistful, wryly humorous and unforgettable film. The whims of fate and vagaries of artistic success have never been so clearly defined, or so musically.

Isaac is the title folkie, loosely based on the late Dave Van Ronk, who doesn't know a hurricane named Bob Dylan is about to shake up not only his narcissistic existence but also the entire music scene.

Actor/singer Isaac gets fine support from Carey Mulligan as a woman wronged and a persistent tabby that is one cool cat.

It was my pick for the best film of 2013. Extras include the feature-length concert film *Another Day, Another Time: Celebrating the Music of Inside Llewyn Davis*.

The Hunger Games: Catching Fire

Director. Francis Lawrence

Stars. Jennifer Lawrence

This is no dull replay of the first movie, even though teen scrapper Katniss Everdeen (Jennifer Lawrence) is forced anew into gladiatorial combat.

The stakes are larger and also more interesting. Katniss discovers many more admirers and enemies, and it's becoming harder to tell them apart.

Extras include deleted scenes, a director's commentary and a sneak peek at *Divergent*, the next teen franchise hopeful.

PETER HOWELL

YA has got it Half Bad and that's good for new author

Working its magic.

Debut novel that bucks futuristic dystopian trend casts potent spell

EMILY
LAURENCE

Metro World News

Before its release last week, Sally Green's book *Half Bad* had already been sold in 45 countries, turned into a trilogy and optioned for a movie being produced by Karen Rosenfelt, who was responsible for *Twilight*, *The Book Thief* and *Percy Jackson: Sea of Monsters*. Oh, and it's her first book.

If you're already completely over *The Hunger Games* and need something to hold you over until *Divergent* hits theatres, this is it.

Half Bad is about a 16-year-old boy named Nathan who lives in a cage and is being trained to kill. Living among humans are witches — some purely good and some horrendously evil — with Nathan's father being the worst of the worst. To survive, Nathan needs to escape his keepers, find his father and receive three gifts that will bring him his own magical powers.

Bucking the trend of YA novels set in a futuristic dystopian time, *Half Bad* is set in modern-day England. "The book is (dystopian) in a way, but to be honest I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16," Green tells us. "It wasn't in my mind about what the market needed or didn't need."

Interestingly, when Green began writing she had a very different novel in mind: "Initially, it was a completely different story about a girl who didn't know she was a witch." She did, however, always plan on writing a trilogy. "My original idea was for the White Witches to be assumed good and Black Witches assumed to be bad."

"Originally, I had Nathan living in a White Witch world in book one and you would think the White Witches were going to be good. When you move to book two, the Black Witch world, you see the witches in an entirely new way. And then the third



Debut YA author Sally Green. CONTRIBUTED

Set in modern-day England

"I never really believed it was going to be published, so my idea was just to write the book I would want to read if I was 15 or 16."

Sally Green, author of *Half Bad*

book would tie it all together. But actually, it didn't work out like that," Green reveals.

As far as the movie goes, Green guesses the cast will be mostly unknown actors, although she has two dream people in mind: "To play Marcus, I would love George Clooney, but it would be the mean George Clooney, like in *From Dusk Till Dawn*. And Gabriel, the Black Witch that appears in the end of the book, is definitely Aidan

Turner, who was in the latest *Hobbit* movies. He's gorgeous," she says.

Green is at work on the second book, which she says is much more daunting than writing the first. "I didn't even know the first one was going to be published. I was writing it mainly for myself," she says. "Now I have a deadline and an audience that I have to keep happy. The blank page in the beginning (for the second book) was a



bit nerve-racking. I was in a bit of a panic to get the first words down," she says. "After the first 10,000 words, then I relaxed into it."

Rodriguez aiming to be TV king

El Rey. Multi-talented filmmaker aims to give it to the viewer straight with his new television network

In the past year, Netflix, with its online, all-at-once D.C. thriller *House of Cards*, has jolted the medium we used to know as "television."

Now TV could be rocked by another game changer. Say hello to Robert Rodriguez, who, down in the Lone Star State at his aptly named Troublemaker Studios, is ready to rewrite some more rules. It's not just that Rodriguez, a prolific, much-admired filmmaker, has recently launched a TV network. Cable networks with a big name attached (remember Oprah Winfrey's?) don't inevitably rock the world.

But El Rey, Rodriguez's gift to the 500-channel universe, could prove radically different. And disruptive. Here's a channel spawned by a demonstrated, multifaceted auteur; a

Quoted

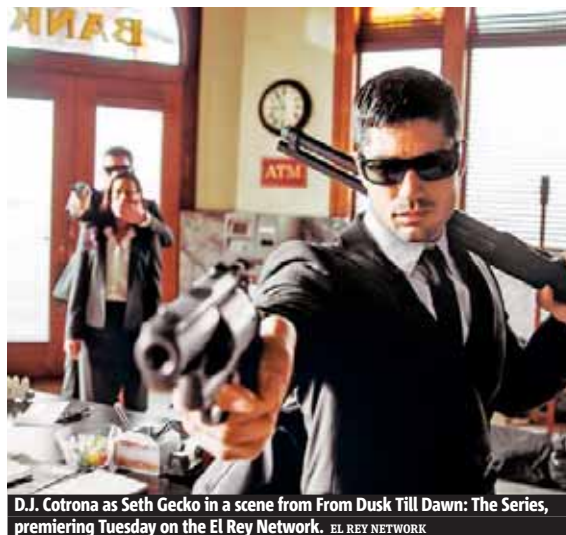
"I've had people tell me, 'You just bypassed the whole system! It's an insurrection.' But it makes sense."

Robert Rodriguez, filmmaker, producer, writer, musician and creator of El Rey

boutique network that could leverage its founder's rambunctiously personal vision into a mainstream outlet carrying a chorus of other independent voices.

The revolution, if that's how it turns out, could be sparked by El Rey's first scripted original, *From Dusk Till Dawn: The Series*, which premieres Tuesday night. (El Rey is now available in 40 million TV homes.)

This supernatural crime series is a reimagining of his 1996 cult classic of the same name written by Robert Kurtzman and Quentin Tarantino with a cast including George Clooney and Salma Hayek. The series (Rodriguez is directing several of the 10 episodes) centres



D.J. Cotrona as Seth Gecko in a scene from *From Dusk Till Dawn: The Series*, premiering Tuesday on the El Rey Network. EL REY NETWORK

on the brutish bank-robbing Gecko brothers (played by D.J. Cotrona and Zane Holtz), who are sought by a pair of Texas Rangers (Don Johnson and Jesse Garcia) after a bank heist leaves several people dead. The brothers flee to Mexico and take refuge in a stripper bar. But the bar turns out to be the lair of

vampires.

Judging from the premiere, made available for preview, this could be a fascinating ride. But it's just the beginning, Rodriguez said. El Rey is billed as a channel for young men "and what we call 'kick-ass females,'" he said during a chat far removed from his Austin, Tex.,

headquarters as snowflakes fell outside a mid-Manhattan restaurant. El Rey has also been described as an English-language network catering to Latino viewers and a general audience that might not even realize it has a Spanish name.

But what Rodriguez seems to really have in mind is much more basic: a network that programs stuff he gets off on (whether masterminded by him or by others), aimed at any viewer who shares his cool wavelength — or might be ready to take the plunge into this culture.

"I don't really want the network to be niche," he declared. "With us doing a show like *Dusk Till Dawn*, people say, 'Is that the kind of shows you'll be doing?' But our next (original) series will be a little broader."

That series is *Matador*, created by Roberto Orci and Alex Kurtzman (*Sleepy Hollow*, *Fringe*). It focuses on a globe-trotting soccer champ and playboy who, unbeknownst to his adoring public, is also a top-secret CIA operative. It's set for a July debut.

THE ASSOCIATED PRESS

About Rodriguez

• **How he got started.** Rodriguez may be a TV newcomer, but this 45-year-old Texan, the son of Mexican-American parents, has always worked outside the system, beginning two decades ago with the film *El Mariachi*. It was made for \$7,000 US and became a Sundance Film Festival winner.

• **Versatility.** With his newest undertaking as El Rey Network chairman, Rodriguez, looking very un-chairmanlike in jeans and leather jacket, has stuck to his practice of wearing many hats. As the need arises, he's a producer, director, screenwriter, cinematographer, editor and musician. He even shoots the photos for his films' poster art.

• **Achievements.** As a mega-multi-hyphenate, Rodriguez created the *Spy Kids* franchise, *Sin City*, *The Adventures of Sharkboy and Lavagirl in 3-D*, *Grindhouse* and *Machete*, among his many films.

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Enter the lives of Brady and his Five Wives

Full house. Newest Utah polygamous family featured on reality TV says that going public has been a relief

Brady Williams and his five wives were a bit apprehensive ahead of the airing of a pilot episode in September, but they said this week an interview with The Associated Press that it was a relief to be open about who they are and what they believe.

"It really is like coming out of the closet," said Brady Williams, 43. "It's very liberating."

His wives feel the same way, including his second, Robyn Williams, 40, who said: "I feel more free to just be who I am and not be so afraid."

Their nine-episode reality show, *My Five Wives*, is airing Sundays on TLC. It chronicles the life of Brady Williams, his five wives and their 24 children who live in a small rural community outside of Salt Lake City dominated by a branch of the fundamentalist Mormon



Brady Williams and his wives, from left, Paulie, Robyn, Rosemary, Nonie and Rhonda in Salt Lake City. THE ASSOCIATED PRESS

church.

The family once belonged to the group, known as the Apostolic United Brethren, but withdrew during the mid-2000s after re-evaluating their core beliefs. Now, they practice polygamy not because they think they must to get to heaven, and avoid hell, but because they

prefer the lifestyle.

Their show begins airing in a social and political climate that has softened significantly toward plural families in recent years. A federal judge in Utah struck down key parts of the state's polygamy laws in December, marking a victory for the Williams and hundreds of

other polygamous families in the state. The ruling decriminalizes polygamy, making only bigamy — holding marriage licenses with multiple partners — illegal.

The family that brought that lawsuit against the state of Utah, Kody Brown and his four wives from TLC's *Sister Wives*,

Quoted

"It really is like coming out of the closet. It's very liberating."

Brady Williams, polygamist and star of *My Five Wives*

is credited with helping create greater acceptance for plural families. Their show, which debuted in 2010 with footage of the family at their house in northern Utah, was groundbreaking in demonstrating to viewers across the country that not all polygamists are child predators like Warren Jeffs, the imprisoned leader of a polygamous sect on the Utah-Arizona border.

The Williams family members said they don't expect viewers to be surprised by much, other than maybe how similar they are to non-polygamous families. It's normal times five, the family jokes. Viewers will see tears, joy and quarrels, they said. TLC is banking on viewers being fascinated by the unique dynamics of a plural family: regular family sit-down meetings among the adults where Brady Williams follows an agenda written on a notepad;

side-by-side multiplexes where they live; and nightly family dinners where the children line up like kids in a school cafeteria to get their food.

Then there's the always-intriguing dynamic among the wives who share a husband. In the first episode, Brady Williams suggests the women work out their issues directly with one another rather than always coming to him, only to see it lead to hurt feelings and shouting.

Among the topics discussed by the family during the season is a possible move out of Utah, maybe even to Washington state. The Browns of *Sister Wives* fled Utah for Las Vegas after their show aired under the threat of prosecution from a county official. The Williams aren't terribly worried about that happening to them, as long as the recent court ruling stands. **THE ASSOCIATED PRESS**

AND WHATEVER COMES AFTER THAT

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New material New Order of day

Strike up the band.

Singer Bernard Sumner excited to be working on new New Order songs

PAT
HEALY
Metro World News

New Order singer Bernard Sumner speaks like he doesn't think people know his band very well. Sumner is participating in the 24th Annual Tibet House Benefit at Carnegie Hall on Tuesday night, a concert wherein organizer Philip Glass pairs prominent musicians together to collaborate.

"The whole focus is collaboration, so we are going to do a version of a New Order song called Your Silent Face," he says, as if the song he mentions isn't a bona fide synth pop classic. "A string arranger over here in the U.K. called Joe Duddell has done an arrangement with it and a poet called Mike Garry has written a poem about our ex label boss, Tony Wilson, who was the boss of Factory



New Order front man Bernard Sumner STEPHEN LOVEKIN/GETTY IMAGES

Records, who passed away, unfortunately."

Does Sumner not understand that 24 Hour Party People, the docudrama about Factory Records and all of its charges, is required viewing for any self-respecting music journalist? Instead of inter-

rupting to remind him of this, we let him continue to discuss the other plans New Order have for collaboration.

"Philip is going to play on it," he says of Glass, "and Scorchio String Quartet are going to play on it, and we're going to do a collaboration

with Iggy as well."

The last kernel of information he seems especially excited about. He doesn't feel compelled to even share that the Iggy in question is Iggy Pop, he of the eternally shirtless persuasion; he of The Stooges and the onstage self-

Album or series of EPs in the works

"We've written about 14 ideas, seven of those ideas I've got vocals on now, so we're quite a way on our way. The debate within the band is whether to release it as a series of EPs or an album." New Order singer Bernard Sumner

mutilation. He whom Sumner met once in the 1980s when New Order were arguably a bigger concert draw than Iggy Pop. But even when he met Iggy, more than 25 years ago, he didn't assume the elder statesman of punk would know him or his band.

"I've been a massive fan of Iggy's from the early days of Joy Division," he gushes. "I shook his hand once! A friend was a roadie for him. I was a bit inebriated at the time. I was so pleased to meet him that I got really drunk, I got drunk as his show went on. I didn't even say it was me, I just said hello like a fan. Then I went back to my hotel, which was in Los Angeles, and the hotel had left a box of chocolates on my pillow — a whole box — and I remember I was drinking tequila that night, and it

seemed like a good idea to eat the full box of chocolates on a gut full of tequila. I was rather ill the next day."

Speaking of ill, New Order founding bassist Peter Hook has recently been in the news for speaking ill of Sumner, telling a U.K. website that he believes his former bandmate couldn't stand playing small clubs, so he revived New Order and played greatest hits to make a quick buck.

Sumner proudly beams that the band has actually been working on new material.

"We've written about 14 ideas, seven of those ideas I've got vocals on now, so we're quite a way on our way," he says. "The debate within the band is whether to release it as a series of EPs or an album."

Loose-lipped Harmon lays it all on the line

Harmontown.

Community creator felt some serious dread unveiling his candid new doc at South by Southwest



After Community creator Dan Harmon was forced off his sitcom, he hit the road, taking his podcast on a 20-city tour with documentary filmmaker Neil Berkeley in tow. Now that trip is the warts-and-all documentary Harmontown, which premiered at SXSW this weekend. Harmon, who is now back running Community, sat down with Metro for an appropriately candid chat.

So you saw the film with an audience last night. Now that it's the morning after, what's your take on that experience?

I'm absolutely relieved. I



Spencer Crittenden, Jeff Bryan Davis, Dan Harmon and Erin McGathy in Harmontown. CONTRIBUTED

don't do a lot of things in my life where there's delayed gratification or delayed effect, and this is one of the very few things in 41 years that I've spent a year or more anticipating — sometimes with a lot of dread, some-

times just with impatience, but all the time just living in a world where I'm out of control of something. It's a relief to move from a world where nobody has seen this movie to a world where people have seen it, because now

that's over. I think it's a very interesting movie because I'm a narcissist. Even if other people don't like it or do like it, the great thing is that it's not looming any more and I don't have to worry about that part.

Community

"The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth."

Dan Harmon

As the tour was happening I was curious, did you ever get any pressure to be less candid? Like, "Maybe don't tell everyone about all of that."

There's always those voices. Usually they are people that are paid to help me. Believe it or not, I have a publicist — imagine how insane that job is. I've always been very regretful about the fact that the people who rely on me and care about me can actually be let down or victimized or frightened by my motormouth, but at the same time, there's a worse version of me, and that's a version of me that bothers to be strategic, and political and diplomatic.

In the best case scenario, that's a useless version of me. In the worst case scenario that's a more effective version of me who gets terrible things done. The way that my brain is shaped, it's best for there to be a valve on it that runs to my mouth, because it keeps me humble in the long run and there's people who like it. I think that the people whose job it is to call me and say "Hey, can you cool it," they've learned by now that the answer is no, I can't.

Now that you've debuted Harmontown at SXSW, what is the plan for the film?

I'm not even sure. I mean, I know that if nothing else, there's a fan base that would love to just be able to download it and just watch it. So if we can just make it available to them for a small fee it will very quickly recoup the investment I represented. As long as it pays for itself, I won't be embarrassed about it. It'll be something we did that was worthwhile

THE HEART OF THE MATTER

YOUR CHOLESTEROL: BY THE NUMBERS

What's your cholesterol IQ?

You should know your cholesterol level if you're a man older than 40, a post-menopausal woman, you are overweight, smoke, have diabetes, or if heart disease runs in your family.

Cholesterol, a type of fat made in the liver, is also present in some of the foods you eat. Your body uses cholesterol to build cells, aid in digestion, and produce hormones. But too much of the bad cholesterol LDL (low density lipoprotein) can build up in artery walls over time, forming a plaque. This plaque buildup can block the flow of oxygen-rich blood to your heart and brain, raising risks for a heart attack or stroke.

Canadian doctors like to get LDL cholesterol levels down to 2 millimoles per litre (mmol/L), but a worrisome number of Canadians don't meet that target. In fact, according to Statistics Canada, about 40 per cent of Canadians aged 40 to 59 have

high LDL levels.

Middle-aged men should be regularly screened as should older women. According to Canadian practice guidelines, anyone with an LDL of 5 mmol/L or greater, as well as those who have already had a heart attack or stroke, or diabetics 40 years old and older, are typically prescribed a cholesterol lowering drug called a statin.

If you aren't in one of these high-risk categories, and your levels aren't checked, you may not even know you have high cholesterol because there are few symptoms.

The good news is that along with elevated blood pressure, cholesterol is a modifiable risk factor for heart disease, so you can take steps to control your levels. A common strategy is to follow a low-fat diet; you might also consider adding a daily dose of Metamucil — in powder or capsule form — which has been proven to lower mildly to moderately elevated



MINERVA STUDIO/SHUTTERSTOCK

cholesterol levels when accompanied by a low-fat diet.

Other tips include avoiding foods high in saturated and trans fats, choosing foods

such as nuts, seeds and beans containing plant sterols that help control blood cholesterol, taking up physical activities, and being smoke-free.

HOW TO TAME YOUR TUMMY TROUBLE

Do you have a gassy gut? A tender tummy? Or a bloated belly?

If so, you aren't alone. About 80 per cent of the population sometimes gets bloated, suffers from excess gas or wind, or has altered bowel habits, according to Dr. Richard Hunt, professor, emeritus, McMaster University, Hamilton, and founder and vice-president, Canadian Digestive Health Foundation.

The symptoms could be a sign of a potentially serious disorder such as irritable bowel syndrome (IBS), but, more likely, it's your gut telling you to change your diet.

Here are some



easy-to-follow tips to ease the discomfort.

- Drink lots of water, while cutting down on alcoholic, caffeinated and sugar-rich beverages.
- Watch your fat intake. Stick to fish or low-fat meats like chicken or turkey or lean cuts of beef. Avoid fried foods and those containing trans fats
- Boost your fibre intake. You can get plenty from the No. 1 doctor recommended fibre brand Metamucil (Source: Health Care Analytics, 2012); it promotes digestive health by relieving irregularity.
- Choose the right carbs.

Choose easily digestible carbohydrates such as potatoes, rice and bananas, and limit more difficult-to-digest carbs like beans, broccoli and cabbage.

- Experiment with probiotics. In the natural

health product Align, probiotics provide live bacteria that form part of the natural healthy intestinal flora. This can help to relieve symptoms of IBS such as abdominal discomfort, gas and bloating. Align has 10 years of research behind it and is the No. 1 gastroenterologist recommended probiotic in the U.S., among gastroenterologists who recommended a brand of probiotic in a Symphony Health Solutions 2013 survey.

- Eat smaller, more frequent meals. Also avoid large meals, especially right before bed
- Limit sodium, sugar and artificial sweeteners. Your tummy — and your heart — will thank you.

There are other lifestyle habits you could adopt, including being active, achieving a healthy body weight, being smoke-free, and controlling stressors in your life.

These products may not be right for you. Always read and follow the label.

DOUBLE WHAMMY

For a healthy heart and a stable stomach, try these top four strategies.

- Eat well. Aim for a low-fat diet with lots of easily digestible fruits and vegetables plus whole grains.
- Consume more fibre. Fibre, especially the soluble type, can help lower cholesterol levels. Adults older than 18 years old should aim to get at least 21-38 grams of total dietary fibre every day. For a quick fibre boost, dissolve a dose of your favourite flavour of Metamucil into your morning juice or smoothie.
- Get active. For adults 18-64 years old, experts recommend at least 150 minutes of moderate to vigorous aerobic exercise every week, in bouts of 10 minutes or more.
- Stop smoking. Smoking increases LDL blood cholesterol and the habit is unhealthy to just about every other part of the body.

Hailey

Domestic Short Hair

This 5-year-old beauty came to us through a rescue in the Valley. Hailey likes to observe all the comings and goings on the adoption floor and is very curious about activity and people. She is calm, serene and greatly appreciates a gentle rub on the back. We believe she would thrive in a quieter home; one where she can be the only feline in the house so she can take her rightful place at the centre of the universe. If you have a soft spot for pretty girls like Hailey, please visit the shelter today.



For more information on Hailey and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Moss reveals her marriage to Portlandia star Fred Armisen was 'traumatic'

PAT HEALY

Metro World News in Boston

Mad Men star Elisabeth Moss, 31, really, really, really (and we mean "really") wasn't a fan of her eight-month marriage to Portlandia star Fred Armisen, 47.

"Looking back, I feel like I was really young, and at the time I didn't think that I was that young," Moss said of her relationship with Armisen in her new



cover story with New York Magazine. The two divorced each other in 2010. "It was extremely traumatic and awful and horrible," she noted.

Add that to the time she said this about Armisen last year — "One of the greatest things I heard someone say about him

is, 'He's so great at doing impersonations. But the greatest impersonation he does is that of a normal person'" — and, well, we don't have to ask her what she really thinks about the whole affair.

At least we hope the wedding presents were cool?

For your phone

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Avoiding caffeine in the evening can lead to a better sleep at night.

This informative tracker covers all caffeine-related foods to help you work out an ideal cut-off time.



Half-off

Elisha has been feeling a little bored with her exercise program, but is that going to keep her from moving more? Visit metronews.ca/voices/half-off to find out.



The secret life of cheap and nutritious meals

The biggest backlash Christy Brissette, registered dietitian with Dietitians of Canada, hears is that it is too expensive to eat healthy. She set off on a treasure hunt through the grocery store to prove that a family of four can eat three full, healthy meals for under \$40. For more ideas, visit cookspiration.com

THERESA ALBERT myfriendinfood.com

Breakfast: Oats

• Oats are high in soluble fibre, which helps to lower bad cholesterol, keeping your blood sugar more stable.

• Best Breakfast: Power Oats. Cook 1/2 cup oats with 1 cup of milk or alternative, add grated apple, 2 tablespoons of peanut butter and 2 tablespoons of raisins.



Lunch: Frozen cauliflower

• This year's hottest vegetable, cauliflower, may help reduce cancer risk,

• Cleaned, chopped and flash frozen, it is as simple as it is nourishing.

• Quick lunch tip: Greek Pasta Salad with Chicken and Cauliflower. Boil whole wheat pasta and add a handful of cauliflower for the final 2 minutes. Then drain and stir in shredded, roasted rotisserie chicken breast.



Dinner: Dry bean mix

• Beans are high in fibre and a good source of vegetarian protein. They contain magnesium, which can help lower blood pressure.

• Dashing Dinner: Slow cooker chili. Sauté onion in slow cooker on high. Add pre-cooked dried beans, canned tomatoes, frozen corn, green pepper, mushrooms and chili powder; cook on low for 8 hours. Hollow out rolls and use as bread bowls. Grate cheese and sprinkle.



Feed 4 for about \$40

Here is a way to feed your family for \$42.06.

Breakfast: Power Oats \$5.07

- Rolled oats (7 cents/serving) = 28 cents
- Apples (37 cents/serving) = \$1.47
- Milk or milk alternative (50 cents/serving) = \$2
- Peanut butter (20 cents/serving) = 80 cents
- Raisins (13 cents/serving) = 52 cents

Lunch: Greek Pasta Salad \$21.23 (with chicken)

- Whole wheat or brown rice rotini (30 cents/serving) = \$1.20
- Chicken breast (\$2.80/serving) = \$11.20
- Grape tomatoes (61 cents/serving) = \$2.47
- Frozen cauliflower (22 cents/serving) = 88 cents
- Feta cheese (\$1.37/serving) = \$5.48

Dinner: Bean Chili \$15.76

- Dry mixed beans (19 cents/serving) = 76 cents
- Canned tomatoes (32 cents/serving) = \$1.28
- Frozen corn (22 cents/serving) = 88 cents
- Onion (15 cents/serving) = 60 cents
- Green bell pepper (80 cents/serving) = \$3.20
- Mushrooms (50 cents/serving) = \$2
- Whole grain roll (57 cents/serving) = \$2.28
- Cheddar cheese (74 cents/serving) = \$2.96

3
FREE

TOP SIX @ 6

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Kid Ink Show Me
- 5 Bastille Pompeii
- 4 Pharrell Williams Happy
- 3 Katy Perry ft Juicy J Dark Horse
- 2 Beyonce ft Jay Z Drunk In Love
- 1 Jason Derulo Talk Dirty

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REDUCE YOUR RISK OF VIRUS EXPOSURE

FLU SHOT, WASHING HANDS CAN HELP PREVENT ILLNESS

From lost wages to lost sleep, when a cold or flu strikes, it can interrupt every part of your family's life. Luckily, there are some simple, yet highly effective ways to reduce your risk of exposure. Here are a few things to consider as you fight off cold and flu season.

NO ANTIBIOTICS

According to the Centers for Disease Control and Prevention (CDC) in the United States, antibiotics are not effective in treating cold and flu symptoms. The reason is simple: Antibiotics are used to kill bacteria, not the viruses responsible for colds, the flu, and bronchitis.

In fact, the CDC warns that taking antibiotics unnecessarily can lead to dangerous antibiotic-resistant strains of bacteria. However, studies show that preventive flu vaccines — specifically flu



DMITRY LOBANOV/SHUTTERSTOCK

shots — can be 70 to 90 per cent effective in healthy people younger than the age of 65.

MAINTAIN HEALTHY COLD AND FLU SEASON HYGIENE

Wash your hands. You have likely read this over and over, but that's because you

should be doing it over and over. Washing your hands several times a day is the best way to reduce the risk of picking up a cold or flu virus. Alcohol-based hand sanitizers also are highly effective, but a thorough washing with good old soap and water should be fine. According to the University of Pennsylvania's office

of health administration, covering coughs and sneezes with your hands only ends up spreading the virus. Instead, try one of these sneezing techniques

- Use a disposable tissue.
- Sneeze or cough into the crook of your arm, or if no other place, into your sleeve.
- If you have no better options, direct your cough or sneeze away from people in your vicinity.

GET SOME FRESH AIR DURING COLD AND FLU SEASON

According to the American Lung Association, taking time away from dry, climate-controlled environments is especially important in preventing cold and flu from spreading. Too much time indoors means more exposure to the germs that circulate throughout indoor areas, especially if you have a large family or office.

In addition, heating and air conditioning can dry out your sinuses, making them much more vulnerable to cold and flu viruses. When frigid temperatures keep you indoors, regulate air moisture by using a Vicks® humidifier during the dry winter months.



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MICHAEL JUNG/SHUTTERSTOCK

TAP INTO YOUR PERSONAL NETWORK

While it's hard to think of summer jobs when it's still cold and snowing outside, students should be hard at work taking the steps to land employment.

The first part of the job hunt will be to determine what kind of position for which you are looking. If you aren't sure, it's a good idea to talk with a counsellor at your school's career centre — they can help you determine what types of positions are a good fit given your skills and education.

Once you have something in mind, it's

time to go and see what's available. It's natural to focus on job search websites, but you should expand your search.

"You shouldn't ever limit yourself in terms of where you go to search," says Chris Glover, the interim associate director of the Career and Leadership Development Centre at Dalhousie University in Halifax.

A school's career centre will have job postings, but it's also crucial to tap into your personal network.

"Most (job) opportunities are found

through networking," says Dianne Twombly, the manager of career development at York University's Career Centre.

Talk to your friends, family and professors about what you are looking for and how they can help with the job search.

"You just never know who people know," Twombly says.

When applying for a job, custom tailor both the cover letter and resumé to the job and ensure they speak to the skills for which the position is looking.

FIND YOUR EMOTIONAL CALLING WITH MBC

In the new disability support worker program at Maritime Business College (MBC), students learn how to assist the disabled by developing life skills and by teaching them how to care for themselves.

It is a highly rewarding career where you can make a difference every day.

"This is not a job for paper pushers, it is a fulfilling, hands-on career with a great deal of personal interaction," says Janice Currie, director, Success College.

Students will be trained to work with

disabled clients who face physical, mental, and/or intellectual challenges.

Clients will learn essential life skills to achieve independence, including employment skills, financial management, and socialization.

"They will overcome stigmas and, ultimately, feel empowered," says Currie. "It's more than a career — it's an emotional calling."

Graduates are prepared for employment as human service workers in

government, community-based agencies, health-care or educational facilities providing services to individuals with mental, emotional, learning and/or physical disabilities.

MBC graduates enter the workforce trained with the up-to-date skills they need to excel. MBC also offers extensive career services to assist students with their job search.

For more information about this program, visit maritimebusinesscollege.ca.



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Dalhousie University
Student Union Building (E100) # 303
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STUDY THE FIRST WORLD WAR

TWO NEW COURSES AT DALHOUSIE

With the centenary of the beginning of the First World War falling in 2014, Dalhousie University has added two new courses to learn more about this history-altering event.

From 2014-18, Dalhousie University will be offering WWI: Causes and campaigns, and WWI: How it changed our world.

"We believe there will be considerable interest in the subject among students and the general public during this year and over the next four years," says Dr. Christopher Bell, professor, department of history, Dalhousie University.

"Our goal is to put the war into a truly global context, to show how it shaped the modern world, affected regional developments (not just Europe, but also areas like the Middle East and Africa), and touched the lives of many millions of people, both in and out of uniform."



Pte. Vernon Arthur Grierson, Canadian Infantry (Manitoba regiment), 85th battalion, Dalhousie alumnus from Weymouth, N.S.

IMAGE COURTESY OF THE DALHOUSIE ARCHIVES

In Part 1 of the course, students will learn how the war began, and how it was fought, while Part 2 will look how the war affected different states and societies around the globe.

The classes will be team taught by the history department, bringing in expertise and knowledge from Russian studies, Middle Eastern studies, Canadian studies, American studies, art history, and others.

For more information about these new courses at Dalhousie University, visit dal.ca/history.

VANARTS WILL HOST INFO SESSION MARCH 23 AT NOON

Vancouver Institute of Media Arts (VanArts) is calling all creative souls looking for a career in the entertainment and media arts industries.

VanArts will be hosting a free information session March 23 at noon at the Delta Halifax Hotel.

Established in 1995, VanArts offers a variety of one-year diploma programs in animation, game art and design, visual effects, digital photography, web development and design, radio broadcasting, and acting for film and television.

Students will learn from world-class, industry professionals who are dedicated and passionate about mentoring the next generation of artists.

Specialized curriculum and small class sizes also ensure that students receive all the attention they need, and



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collaboration between departments is encouraged.

VanArts graduates have credits on hundreds of feature films, television series and video games, and many have started their own studio businesses, sustained successful freelance careers, and won international awards for their achievements.

Unique to VanArts is the pathway degree option, where students may transfer to a partner university and obtain a degree in one and a half to two years.

Scholarships are available to those who attend the info session and apply.

For more information or to register for this info session or the programs offered at VanArts, visit vanarts.com.



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IMPACT LIVES OF OTHERS

AT SUCCESS COLLEGE

Success College provides career training in industries that make a difference, such as counselling, child youth care, law enforcement, medical administration, and many more.

Success College graduates go on to pursue satisfying, rewarding careers that impact their lives and the lives of others.

"One of our core strengths is preparing students for careers in the legal industry in the fields of paralegal, corrections and policing foundations," says Janice Currie, director, Success College.

Paralegals play an important role in today's justice system and the Success College paralegal program will train individuals how

to work closely with lawyers, prosecutors and public defenders, and serve as valued members of a legal team.

The Success College correctional worker and police foundations diploma program is designed for individuals with a strong interest in criminal justice and a desire to serve their community in a beneficial way.

During your practicum you will work in a real corrections, security or policing setting and gain first-hand, practical knowledge and experience in your new career field.

Every program is taught by industry experts, and students benefit directly from the breadth and depth of their experience.

This curriculum is developed so you finish a two-year program in just 60 weeks.

To learn more about these programs, visit successcollege.ca.

COACHING CAN ENHANCE YOUR CAPACITY TO CONNECT

Learn the skills and tools to foster stronger relationships in your life — whether it be personal or professional — through a two-day, intensive certified life and executive coach training course in June.

"Life is a complex tapestry of relationships," says Abe Brown, North American president of the Certified Coaches Federation (CCF). "We are all in relationships, be they personal or professional, newly formed or mature, formal or informal. Learning to coach will enhance your capacity to connect deeply, communicate authentically, and move forward meaningfully."

This course will teach you coaching principles that can lead to greater success in both your personal or professional lives.

For those in a leadership position, this course is perfect for gaining the skills needed to better coach, manage, communicate with and motivate staff.

Upon successful completion, you



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will receive an official CCF certificate, recognizing you as a certified coach practitioner.

The certified life and executive coach training course takes place June 21-22, from 9 a.m. to 5 p.m., at the Best Western, Chocolate Lake, Halifax.

Registration is open now.

To learn more, visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.

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Peter Goodman

The study program in osteopathy at College D'Etudes Osteopathiques (CEO) in Halifax can train individuals to offer this treatment option in this growing field.

"Osteopathy embraces the philosophy that the body has an innate or natural ability to self-regulate and to heal itself," says Peter Goodman, DOMP — manual osteopath, principal Halifax/CEO campus. "The key factor that permits this process to proceed unimpeded is the ability of the body to circulate all of its fluids and liquids."

Goodman says osteopathy treats the cause, not the symptoms.

REQUIREMENTS

CEO requirements for entering the study of osteopathic manual practice:

- University degree in medicine (related field) directly access the program.
- Required to follow a pre-admissions program in basic health sciences. Massage therapists with a minimum of 2,200 hours of training.
- Foreign candidates holding a recognized diploma are accepted.
- Review of files of other candidates that do not hold a recognized diploma.

"Osteopathic manual practitioners assess and treat your body as a whole, seeking to identify areas of the body that are not functioning optimally, then gently easing these restrictions so that normal function can resume."



RIOPATUCA/SHUTTERSTOCK

Goodman says manual osteopathy is based on four basic principles:

- Each structure in the body supports the body's functions. If a structure is damaged, out of place, or otherwise not working properly, the body will not function at its best.
- The natural flow of the body's fluids — lymphatic, vascular, and neurological — must be preserved and maintained.
- The human body is the sum of its parts. Its physical, emotional, social, spiritual, and cognitive systems don't

work independently, they work in harmony.

- When the body has no restrictions, it has the inherent ability to heal itself.

Osteopathic therapy is not exclusive to one demographic.

Osteopathic clients include infants to the elderly, athletes and weekend warriors, pregnant women and those trying to conceive, manual workers and office professionals.

For more information, please visit osteopathie-canada.ca/en.



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PICTURE YOURSELF IN THE FILM INDUSTRY

While many students graduating from high school struggle with what career they want to pursue, there was no question in Chelsea Comeau's mind that she wanted to pursue a career in filmmaking.

"I've always had a passion for film and when CAT (Centre for Arts and Technology) came to talk to my high school, I felt that CAT was a good choice for me," says Comeau, independent filmmaker and CAT alumna.

Comeau chose the digital filmmaking program at CAT because of the hands-on classes and variety of classes.

"They don't just explain how the gear works, they show you how it works," Comeau says. "And you don't learn just one thing, they teach you how every job works in the industry."

This 18-month program teaches students the foundation skills and knowledge needed to begin a career in digital film and provides networking opportuni-

ties with professionals in the industry.

Since graduating from CAT, Comeau has been working on music videos, short films and recently finished working on a feature film.

"The best part of what I do is working with amazing people and helping create something for others to enjoy," Comeau says. "I can't picture myself with any other career than this one."

For more information about this program or CAT, visit digitalartschool.com.



Chelsea Comeau

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PUHHHA/SHUTTERSTOCK

BE ON THE CUTTING EDGE OF BEAUTY AND STYLE

HAIR DESIGN CENTRE

For a career on the cutting edge, the Hair Design Centre (HDC) offers programs in hair and makeup that will prepare you for a career in the beauty industry in less than a year.

"At the Hair Design Centre, we make sure the student is set up for success," says Lauren Maxwell, admissions coordinator, Hair Design Centre.

Like people's hair, Maxwell says the beauty industry is growing quickly and there is room to grow in many different ways.

"We have a very high employment rate for when the student is ready to graduate — people will always need their hair cut," Maxwell says.

Maxwell encourages all those interested in a career in the beauty industry to stop by either Mic Mac Mall or the Halifax shopping centre over March break to

learn more about HDC.

Maxwell, along with HDC students, will be on hand to answer any questions about the school.

The next intakes for the hair program are April 22, July 7, Sept. 8, and Nov. 17. The next intakes for the makeup program are Aug. 25 and March 16, 2015.

For more information about the hair or makeup programs at the Hair Design Centre, visit its redesigned website at hairdesigncentre.com.

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Evaporated Milk? You bet!



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

OK, maybe I am a survivalist preparing for the zombie apocalypse. So what if I still have my Y2K water stored in the basement? You have to have a just-in-case plan!

If it is only one more blimey weeknight meal you need to survive, I have got you covered — evaporated milk. Yup.

This stuff is shelf stable for years, can be used in baking when mixed half and half with water, and it replaces milk in any recipe.

Use it for that fussy friend who only likes cream in his coffee if you are a skim milk kind of keeper. It can also go the other way and make a savoury cream sauce for pasta or to top vegetables.

Still fortified with vitamin D, it has twice the calcium and protein as regular milk but is less ex-

pensive and less perishable.

Honestly, you can't really go wrong having a couple of cans on hand. Just be sure you aren't picking up a can of sweetened condensed milk because that is also made by heating and evaporating milk but it is also laden with sugar.

We can debate the "go dairy free, everyone's allergic to it" concept and the "calcium isn't absorbable from dairy" idea later. For now, you have to make something for dinner and have very little going on in the fridge and with inspiration. Melt one tablespoon butter, whisk in one tablespoon flour, add a can of creamy magic and season if and as you wish. Just don't boil it! Unlike cream, it can't take the heat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Spaghetti Squash 'Alfredo': Creamy and healthy comfort

THERESA ALBERT

myfriendinfood.com

You know you love pasta with cream sauce — everyone does. But the carbs and calories, oye!

This quick dish gives you that deep, warm, creamy pleasure without all the guilt. It comes together in a snap.

Evaporated milk delivers twice the calcium and protein of the same amount of whole

milk. It is creamy but much lower in fat and calories. You can't lose with this quick weeknight vegetarian meal.

If you don't have the spaghetti squash, just make pasta and call it a day.

1. Pierce squash with a fork and place in microwave on a plate. Cook for 15-18 minutes until quite soft. When cooked, slice open carefully to let steam escape.

2. Meanwhile, heat a large skillet; add 1 tsp of butter and quickly brown mushrooms over high heat, set aside.

3. In the same skillet, turn heat to medium, melt the rest of the butter and whisk in flour, stirring until it bubbles and starts to brown.

4. Stir in garlic and cook for 30 seconds and then whisk in evaporated milk. Whisk until it thickens 2-4 minutes over medium-high heat. Do not boil!



This recipe serves four. COURTESY THERESA ALBERT

5. Scoop out seeds from squash and discard. Pull fibres with a fork and stir into creamy sauce. Add pepper, salt and chili flakes, top with cheese. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Pass the chickpeas and pasta, please

This large vegetarian salad, featuring chickpeas (also known as garbanzo beans), would be great on its own for lunch or as a side dish for dinner. The recipe is easily cut in half.

1. In a large bowl, combine pasta, chickpeas, celery, carrots, red peppers, green onions and feta. Toss lightly to mix well. Add dressing and toss to coat well. (Make ahead: Pasta mixture can be prepared

Nutritional info

149 calories; 5 g protein; 2 g fat (1 g saturated fat); 3 mg cholesterol; 27 g carbohydrates; 4 g fibre; 227 mg sodium

Ingredients

- 1 l (4 cups) cooked corkscrew pasta, drained and cooled
- 1 can (540 ml/19 oz) chickpeas, drained and rinsed
- 375 ml (1 1/2 cups) chopped



This recipe makes 13 servings (250 ml/1 cup each). THE CANADIAN PRESS

a day in advance. Refrigerate overnight and toss with dress-

ing before serving.) **THE CANADIAN PRESS/PULSECANADA.COM**

- celery
- 375 ml (1 1/2 cups) shredded carrots
- 2 sweet red peppers, chopped
- 4 green onions, finely chopped

- 50 ml (1/4 cup) crumbled feta cheese
- 75 ml (1/3 cup) light Greek salad dressing

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NHL

Stars' Peverley collapses in game

The game between Dallas and the Columbus Blue Jackets was postponed on Monday night after Stars forward Rich Peverley collapsed on the bench during the first period.

Play was halted 6:23 in as Peverley was quickly carried from the bench. A public address announcement was made several minutes later that the 31-year-old Peverley was conscious and taken to a hospital.

"We treated (Peverley) for a cardiac event successfully," Dr. Gil Salazar said. "As soon as we treated him, he regained consciousness. He was able to tell me where he was."

THE ASSOCIATED PRESS

QMJHL

Herd's Weegar honoured for special week

Halifax Mooseheads' defenceman Mackenzie Weegar has earned QMJHL second star of the week honours.

In three games, the 20-year-old defenceman collected seven points with a plus-10 rating. The Florida Panthers draft pick has 54 points in 58 games, with a plus-53 rating, which is tops among defensemen in the league. Rimouski Oceanic forward Sébastien Sylvestre picked up top honours after notching four goals and four assists in three games, while Shawinigan Cataractes goaltender Marvin Cüpper captured third star of the week.

METRO

Huskies comeback falls short vs. Axemen

AUS playoffs. After an inspiring playoff run, Saint Mary's finally bows out on Monday night



ANDREW RANKIN
andrew.rankin@metronews.ca

The Saint Mary's Huskies ended their improbable playoff run appropriately fighting right to the bitter end.

But with 58 seconds left in regulation time Michael Clarke dealt the knockout blow, firing a laser into the Huskies empty net that put the Acadia Axemen up 3-1.

That's the way it would stand with the Axemen capturing the best-of-five AUS final in four games before a spirited Halifax Forum crowd of 3,554 on Monday night.

As a devastated Huskies squad headed back to their dressing room, the series favourites broke into unbridled celebration.

"I'm so happy for the guys," said tournament MVP Liam Heelis. "I'm just so proud of the guys and as I watch them now I can say they deserve every moment of this."

A day after Saint Mary's staged off elimination with a gutsy 2-1 victory, it was the No. 2-ranked Axemen who had the slight edge on this night.

The visitors got on the board first, making the home squad pay for a sloppy turnover late in the first period. They did the same in the



Acadia Axemen's Leo Jenner hoists the AUS men's hockey cup over his head at the Halifax Forum on Monday night after defeating the Saint Mary's Huskies. JEFF HARPER/METRO

middle frame, breaking a 1-1 tie with just over five minutes remaining in the period.

For the second-straight night, both goalies — the Huskies' Anthony Peters and Acadia's Evan Mosher — were on their game.

But it was the latter who savoured victory, in his final year and a season after being demoted to back-up duties in Acadia.

He was quick to dish out credit to an opponent who arrived into the playoffs as the fifth seed, but managed to

knock off the defending national champion New Brunswick Varsity Reds en route to the final.

"Everyone sees how tough they are to play against," said Mosher. "They had a rough start but they eventually became the team everyone knew they could be."

The Axemen will now fight for a national championship in Saskatoon, from March 20-23.

Huskies captain Lucas Bloodoff's varsity career abruptly came to an end on

Monday night. But, in the midst of disappointment, the reigning CIS player of the year saw the bigger picture.

"It's been an amazing experience," said Bloodoff. "But none of us are sulking now. We have a lot to be proud of. I've never experienced a year with so much adversity, but I couldn't be prouder of all those guys."

Dustin Ekelman and Travis Randell rounded out the scoring for the Axemen, while Steven Shipley responded for the Huskies.

Grapes promises wrath will remain intact



Don Cherry
JESSICA SMITH CROSS/METRO IN TORONTO

Don Cherry made a few things clear on Monday: No one tells him what to do, he'll never change and Hockey Night In Canada should always be aired on the CBC.

Rogers announced Monday that George Stroumbouloupoulos will be the new host of Hockey Night in Canada and that Cherry will continue on Coach's Corner with Ron MacLean.

Sportsnet's Daren Millard will host Wednesday Night Hockey and Jeff Marek, also of Sportsnet, will host Thursday Night Hockey and Friday Night

Hockey.

While CBC will air HNIC on Saturdays, Rogers maintains control and the profits. Rogers will carry 500 regular-season games across 13 networks and seven platforms, plus playoffs and the Stanley Cup final.

Asked what he thinks of the "new team" he'll be working with, Cherry said he wasn't too sure yet and offered an anecdote about posing for a Rogers photographer, alongside the other hockey media personalities a few minutes earlier.

"It's strange for me to have that photographer say, 'You

stand there,' and I look back to Hockey Night in Canada and Ron, and it's like, 'Would you move?' I'm not used to being told what to do," he said. "I'm not about to be told now what to do."

"It does seem strange. It hasn't hit me yet," he added.

One thing Grapes says he does know is Coach's Corner won't change.

"Never," he said. "After all these years I don't know how to change, to tell you the truth."

Grapes said he'd like to see HNIC aired on CBC because of the broadcaster's mandate for

nationwide coverage.

Stroumbouloupoulos said he'll be hosting from a fan's perspective and facilitating conversations, and won't be offering expert analysis.

"I didn't play the game at the level of a champion, so I wouldn't offer the advice of a guy who played NHL hockey," he said. "I couldn't even make a minor team."

Stroumbouloupoulos got his start as a sports reporter and he's been a fan since he was five when "the Habs were good — which quickly went away."

JESSICA SMITH CROSS/METRO IN TORONTO

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4-SPORTS

Roll of the dice helps McKeever win gold medal



Cross-country skiing. Visually impaired Alberta athlete reaps reward of swapping guides earlier than he had planned to

Brian McKeever decided to take a gamble and the payoff was Canada's first gold medal at the Sochi Paralympics.

The cross-country skier won the men's 20-kilometre visually impaired event Monday thanks in part to a risky move at the midway point of the race. The eight-time Paralympic gold medallist — who has been battling a virus since arriving in Russia last week — started with guide Erik Carleton before switching to alternate Graham Nishikawa at the 10-kilometre mark amid sloppy conditions and warm temperatures.

It was a play McKeever had never before attempted in competition.

"Today was great," said McKeever. "It was really tough. Being sick last week made it hard and definitely made us a little nervous. It was huge team effort having two guides out there sharing the work. It was definitely needed. They were the ones that got me through today because I couldn't have done that on my own."

"The snow being what it was, it was much faster to be in behind. Those guys were, unfortunately for them, working pretty damn hard."

The 34-year-old from Canmore, Alta., finished in a time of 52 minutes 37.1 seconds with the help of a plan he devised with his coach and brother Robin.

The idea was for Carleton to guide the first 12 kilometres before giving way to Nishikawa. But when Carleton began to fade earlier than expected, Nishikawa stepped in to finish the job and lead McKeever to a victory of more than a minute over Russia's Stanislav Chokhlaev. **THE CANADIAN PRESS**



Canadian Brian McKeever, right, and guide Graham Nishikawa compete in the men's visually impaired 20-kilometre race at the Sochi 2014 Paralympic Winter Games on Monday. McKeever went on to win gold. SCOTT GRANT/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

Blame lifted from dead skicross racer



Canadian skicross racer Nik Zoricic was killed two years ago in a crash during a World Cup event. JONATHAN HAYWARD/THE CANADIAN PRESS

The family of a Canadian skicross racer killed two years ago at a World Cup event feels vindicated now that sport authorities no longer blame him for the tragedy and instead have made safety improvements to course design, their lawyer said Monday.

Lawyer Tim Danson said the family of Nik Zoricic feels his legacy has become something positive and to be celebrated.

"We were not prepared to accept that Nik was responsible for his own death," Danson told The Canadian Press.

"We just wanted the truth to be acknowledged."

In the immediate aftermath of his fatal crash at an event in Grindelwald, Switzerland, on March 10, 2012, ski officials angered the family and others in the skiing community by suggesting Zoricic, 29, was to blame for his death.

The family responded by arguing the death was "entirely avoidable" and blasted the course finish line for being a "death trap."

In a letter to his parents this month, the International Ski Federation called Zoricic

a "talented, experienced, and skilled" World Cup skier who did not take unnecessary risks.

"It would therefore not be right to describe his accident as a 'freak accident' or 'pilot error,'" the federation's president and secretary general wrote.

The letter further states that the federation has updated its safety guidelines and beefed up the staff and experts who help organizers construct a course and its safety measures.

THE CANADIAN PRESS

Fatal crash

Nik Zoricic was competing in his 36th event in Grindelwald when he was killed at the finish line of a tight three-way race.

- He was travelling 90 km/h when he veered to the right after the final jump, landing about a metre to the right of the official course line in "crud" rather than on a groomed shoulder.
- He snagged safety netting and tumbled into hard-packed snow, smashing his head.

MLB

Cabrera takes Cards deep twice

Miguel Cabrera hit his first two home runs of spring training and Max Scherzer struck out five in 4 2/3 scoreless innings Monday during the Detroit Tigers' 17-5 romp over the St. Louis Cardinals.

THE ASSOCIATED PRESS

MLB

Bonds back with Giants for short stay

Barry Bonds is wearing a San Francisco Giants uniform once again, now as a hitting coach at spring training.

The career home runs leader joined his former team Monday at camp for a week-long stay.

Bonds, 49, appeared slim-



Barry Bonds
THE ASSOCIATED PRESS

762 homers. "It feels really good to get back to the game that I love," Bonds said.

THE ASSOCIATED PRESS

Tennis

Wozniak advances at Indian Wells

Aleksandra Wozniak reached the fourth-round of the BNP Paribas Open on Monday with a 6-1, 6-7 (3-7), 6-0 defeat of Russia's Anastasia Pavlyuchenkova. She will next face world No. 2 and top seed Li Na.

THE CANADIAN PRESS

NHL

Luongo joins sunny disposition in Fla.

Roberto Luongo's future looks a lot brighter now that he's in Florida.

While the Canucks, who dealt him last week at the trade deadline, head in the direction of a rebuild, the Panthers look like a team on the upward climb

thanks to new owner Vinny Viola and a cadre of young prospects GM Dale Tallon has assembled in the NHL's southernmost market.

Luongo sees potential stars in Jonathan Huberdeau, Nick Bjugstad and a handful more young players around the locker-room. At 34 years old, he wants to contribute to the revival of the franchise rather than riding coattails. **THE CANADIAN PRESS**

Horoscopes

Aries

March 21 - April 20

A relationship that has been okay in the past will turn difficult today. There may be no apparent reason why it has suddenly gone sour but don't make an issue of it. Most likely it is just a passing phase.

Taurus

April 21 - May 21

Base partnerships, both personal and professional, on mutual respect, because if you try to take liberties with friends, loved ones or work colleagues today you may pay dearly for it.

Gemini

May 22 - June 21

This is a good time for creative activities, especially those where some sort of communication is concerned. Make sure you spell out what you are trying to say. Not everyone possesses your brain power.

Cancer

June 22 - July 23

This can be and should be one of the most productive times of the year. The harder you work at making your dreams come true the quicker you will reach your goals.

Leo

July 24 - Aug. 23

Try not to worry about personal or money problems. The cosmic picture suggests that your state of mind will be much more positive after next weekend's full moon.

Virgo

Aug. 24 - Sept. 23

You will be in a serious mood today as Mercury, your ruler, squares up to Saturn. Things you once believed in will be called into question and so-called "facts" will no longer stand up. It's time to get real.

Libra

Sept. 24 - Oct. 23

The past few weeks have been tough and the next 24 hours is likely to bring challenges too, but nothing will happen that you don't have the intelligence and the courage to overcome.

Scorpio

Oct. 24 - Nov. 22

The message of the stars for you today is that you must not start worrying for no good reason. The challenges that come your way over the next few days will be tough but you are ten times tougher.

Sagittarius

Nov. 23 - Dec. 21

You are where you are for a reason, so don't start complaining that you would rather be some place else. No matter what occurs over the next 24 hours you can be sure to benefit in the long-term.

Capricorn

Dec. 22 - Jan. 20

Many of the restrictions you have been labouring under in recently will get worse for a while. A crisis point will be reached for the 16th's full moon after which they will fade.

Aquarius

Jan. 21 - Feb. 19

Changes on the work front may not be what you were hoping for but later in the year you will realize they were exactly what you needed, so don't be too negative about them. You'll move up soon.

Pisces

Feb. 20 - March 20

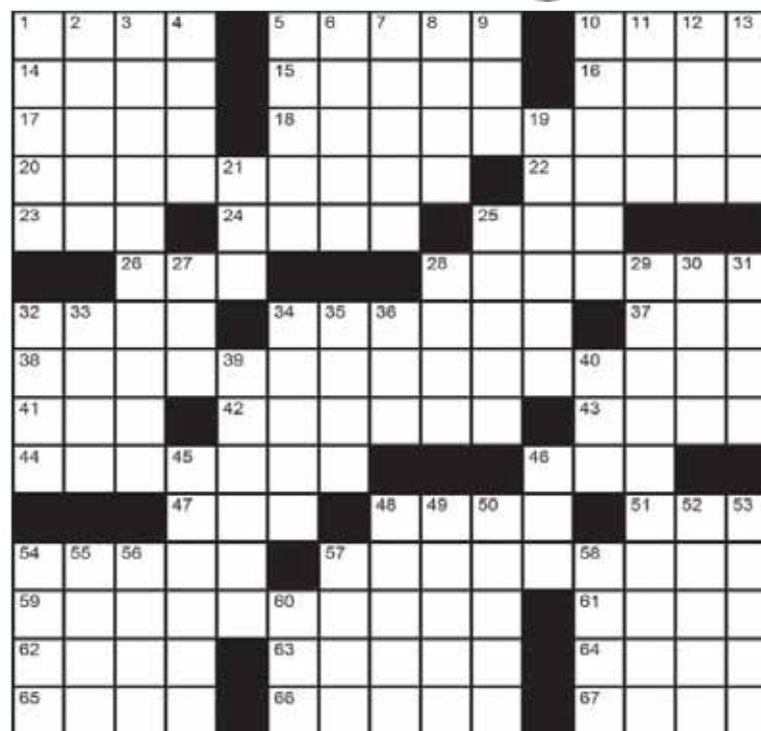
Be careful what you agree to over the next 24 hours because the planets warn you don't have all the facts. Don't accept what other people tell you simply because they look good and sound honest.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Loos
5. "___ the Land" by The Guess Who
10. "Don't take ___ seriously..."
14. "Brrr! There's ___ outside."
15. ___ Notes (Literature aids)
16. Sheltered spot
17. Rate
18. Freelancer's workplace: 2 wds.
20. TVdom's Mike Brady, for one: 2 wds.
22. Pass on
23. 'Ranch' suffix
24. Floral arrangement
25. Singer Bobby
26. Alleyway animal
28. Pussycat Dolls song: 2 wds.
32. "Rock-___ Baby"
34. Roughriders home, ___ Stadium
37. Jay Z's music
38. Coaches' seating on #25-Down: 3 wds.
41. Maritime workers' org.
42. Antarctica penguin
43. Preposition
44. ___ Fields (Heavenly abode in Greek mythology)
46. Gr. behind Bob Hope's legendary shows for soldiers
47. Sun rays letters
48. Music key, ___.
51. Lake: French



54. Humdrum
57. Plant not found in Newfoundland: 2 wds.
59. Muskoka's locale in Ontario where Shania Twain played the Deerhurst Resort before hitting it big
61. ___ empty stom-

- ach: 2 wds.
62. To boot
63. Computer company
64. Sell
65. ___ green (Really bright colour)
66. Fix pant legs again
67. Sparkling wine from Italy

Down

1. Oversight
2. Keep ___ of mystery
3. Tom Cochrane & Red Rider song: 2 wds.
4. Li'l requirement
5. Jerk
6. Thugs
7. Cosmetics brand
8. Clarinetist's prop
9. Paul Anka's "___ Beso (That Kiss!)"
10. How some heights and lengths are measured: 2 wds.
11. Labour
12. Dance music of

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- the Caribbean
13. -Dokey's lead-in
19. An official language
21. Select
25. NBC's "The ___"
27. Bronze Roman money
28. Surrealist painter Salvador
29. 1980s fashions undergarments
30. Actress, Melissa Joan ___
31. Lhasa ___ (Arf!)
32. Songstress, India. ___
33. Church's sounder
34. King with a golden touch
35. Kitchen appliance
36. Montreal seasoning
39. Foregoes
40. Three-toed sloths
45. The ___ Place Hotels
46. Card game
48. Actor Mr. Lundgren
49. Thousand: French
50. "Hmmm, ___ to remember..."
52. Before: French
53. Songstress Ms. Lauper
54. Comparison word
55. Govern
56. "___ doing..." (Thereby)
57. Tube
58. NS part
60. Alternate spelling, for short

Today

2°/-3°
Light snow
80%

Wednesday

6°/-11°
Showers
40%

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UNHCR
The UN Refugee Agency





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